



# Mental Health and Substance Use in South Dakota

February 9<sup>th</sup>, 2022

Behavioral Health Prevalence Data Overview







# Our Vision and Mission

Strong families – South Dakota's foundation and our future

## The South Dakota Department of Social Services

is dedicated to strengthening and supporting individuals and families by promoting cost effective and comprehensive services in connection with our partners that foster independent and healthy families.



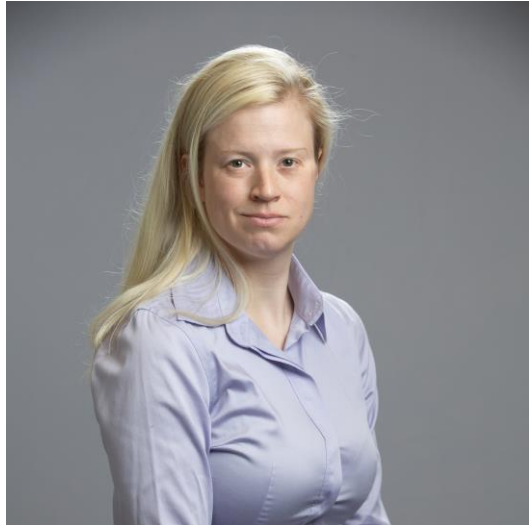
# About DBH

The Division of Behavioral Health (DBH) supports a comprehensive array of publicly funded behavioral health treatment and supportive services.

## Publicly Funded Behavioral Health Treatment Services

- Outpatient mental health services
- Outpatient and inpatient substance use disorder treatment services
- Support and recovery services
- Prevention services

# Who We Are



Colleen Byer, Behavioral  
Health Epidemiologist



Tiffany Glaser, Assistant Director,  
Outcomes and Performance  
Management

# Presentation Objectives

The purpose of this presentation is to illustrate recent rates, patterns, and trends of mental health, alcohol, and drug use in adults and youth in South Dakota and the nation.

## **Presentation Outline:**

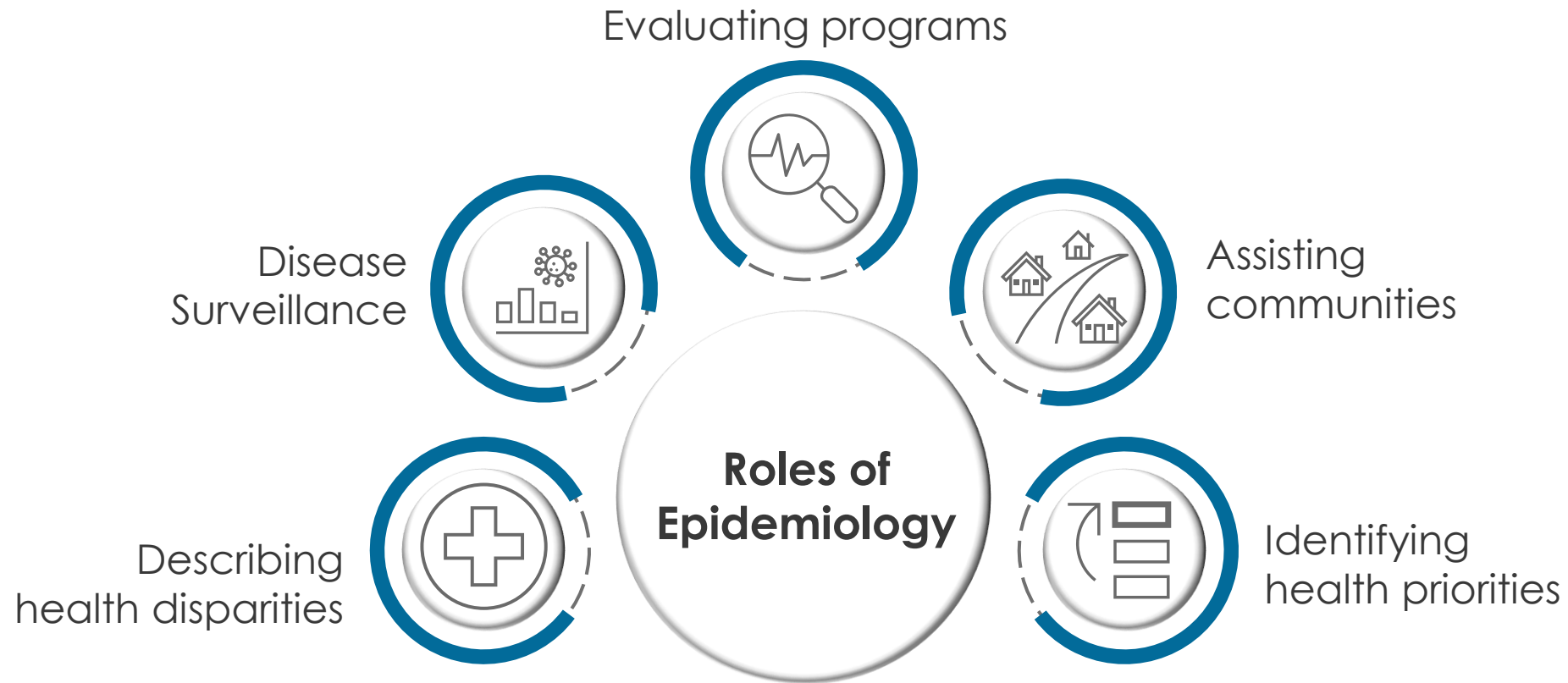
1. Definition of epidemiology and prevalence
2. National and state level behavioral health data
3. COVID-19 impact on mental health and substance use
4. South Dakota State Epidemiological Outcomes website (SD-SEOW)
5. Response to behavioral health needs

## **By the end of this presentation the audience should...**

- Gain a sense of prevalence rates based on available survey data
- Insight into the impact of COVID-19 and behavioral health
- Identify resources for accessing prevalence data
- Gain knowledge on what is happening now in behavioral health and what is next

# What is Epidemiology?

*National Institute of Health* defines epidemiology as “the branch of medical science that investigates all the factors that determine the presence or absence of diseases and disorders.”





# Incidence vs. Prevalence

- **Incidence:** A measure of occurrence of a new disease in a defined population at risk for a disease, in a specified time period.
- **Prevalence:** The number of affected persons present at a specific time in a population.



# Background on Datasets

**Center for Disease Control (CDC), Behavioral Risk Factor Surveillance System (BRFSS)** – annual telephone survey that collects data about health-related risk behaviors, chronic health conditions, and use of prevention services in adults; 2020 results were published in July 2021.

**Substance Abuse and Mental Health Services Administration (SAMHSA), National Survey on Drug Use and Health (NSDUH)** – annual online and in-person survey to collect data on substance use problems and mental disorders; 2019-2020 results were published in October 2021. **Due to the COVID-19 pandemic, SAMHSA advises not to directly compare NSDUH 2020 to previous years.**

**Mental Health America (MHA), State of Mental Health in America Report** – annual report that utilizes national data sources to research mental health measures, substance use measures, and access to treatment; the most recent report, the *2022 State Of Mental Health In America Report*, was published in October 2021.

**CDC and U.S. Census Bureau, Household Pulse Survey** – survey in response to the COVID-19 pandemic looking at changes in prevalence of anxiety and depression at the state and national level. Collection began in April 2020 and is currently scheduled to conclude in May 2022.

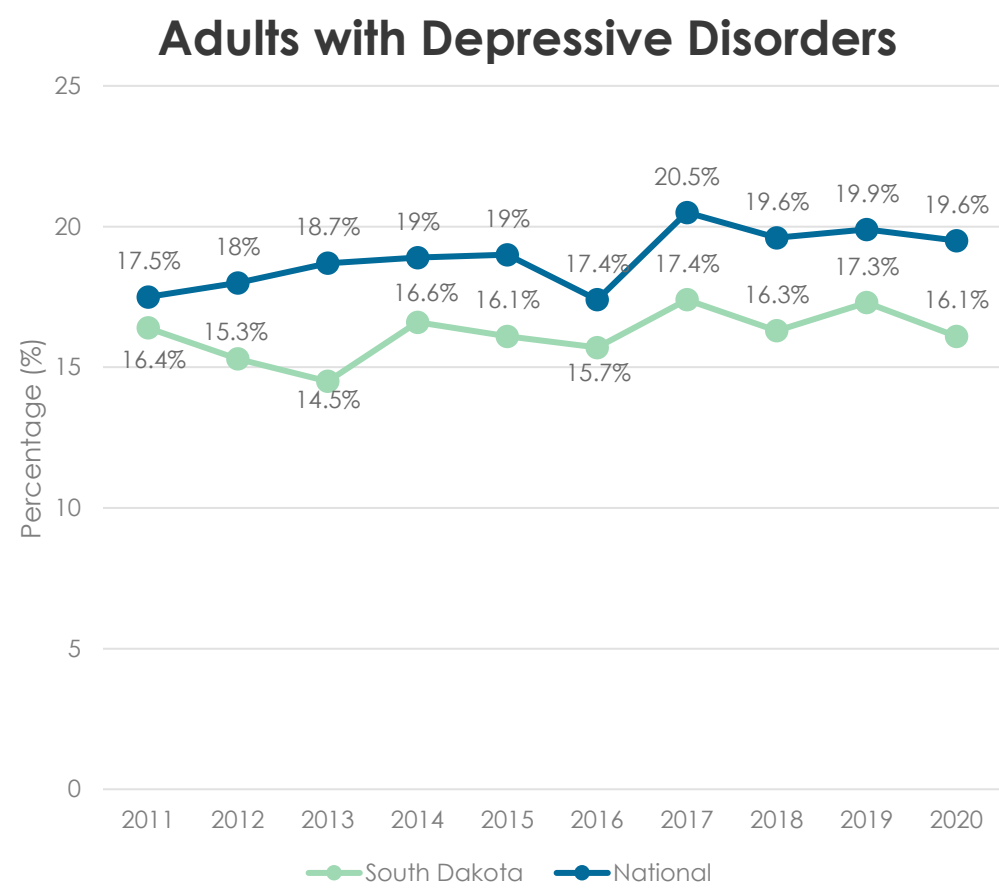


# Behavioral Risk Factor Surveillance System Data








# Adult Prevalence of Depression

Prevalence of adults who reported being told by a health professional that they have a depressive disorder, including depression, major depression, minor depression, or dysthymia, South Dakota and the Nation



Source: Center for Disease Control, BRFSS

### Nation



Approximately one in *five* adults live with depression in the nation.

### South Dakota



Approximately one in *six* adults live with depression in South Dakota

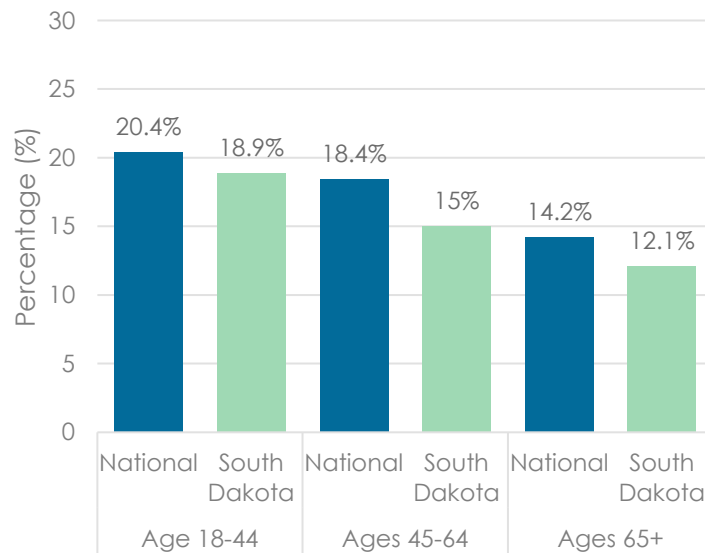
### Key Takeaway:

South Dakota's prevalence of depression was lower than the nation and is the 9th lowest in the nation.

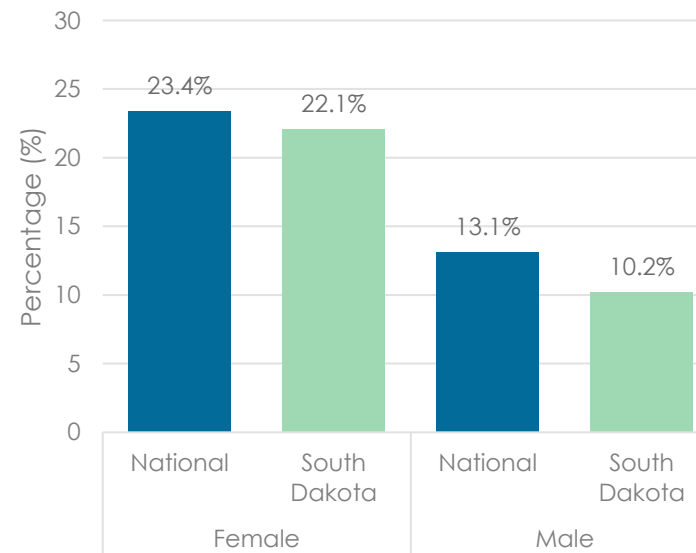
# Adult Depression Population Trends in South Dakota and the Nation

Prevalence of depression amongst age, gender, and income levels in 2020

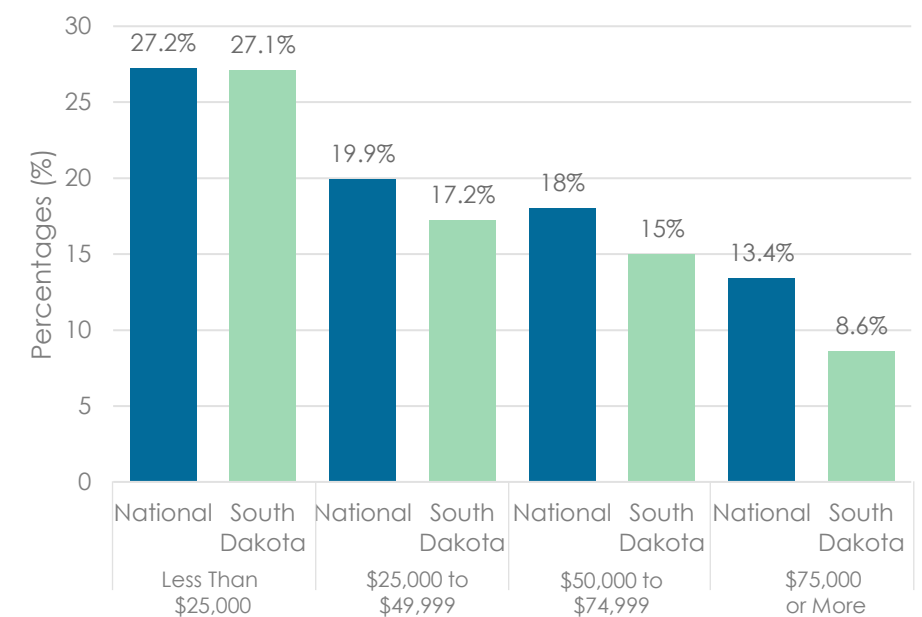
## Age



## Gender



## Income Level



## Key Takeaway:

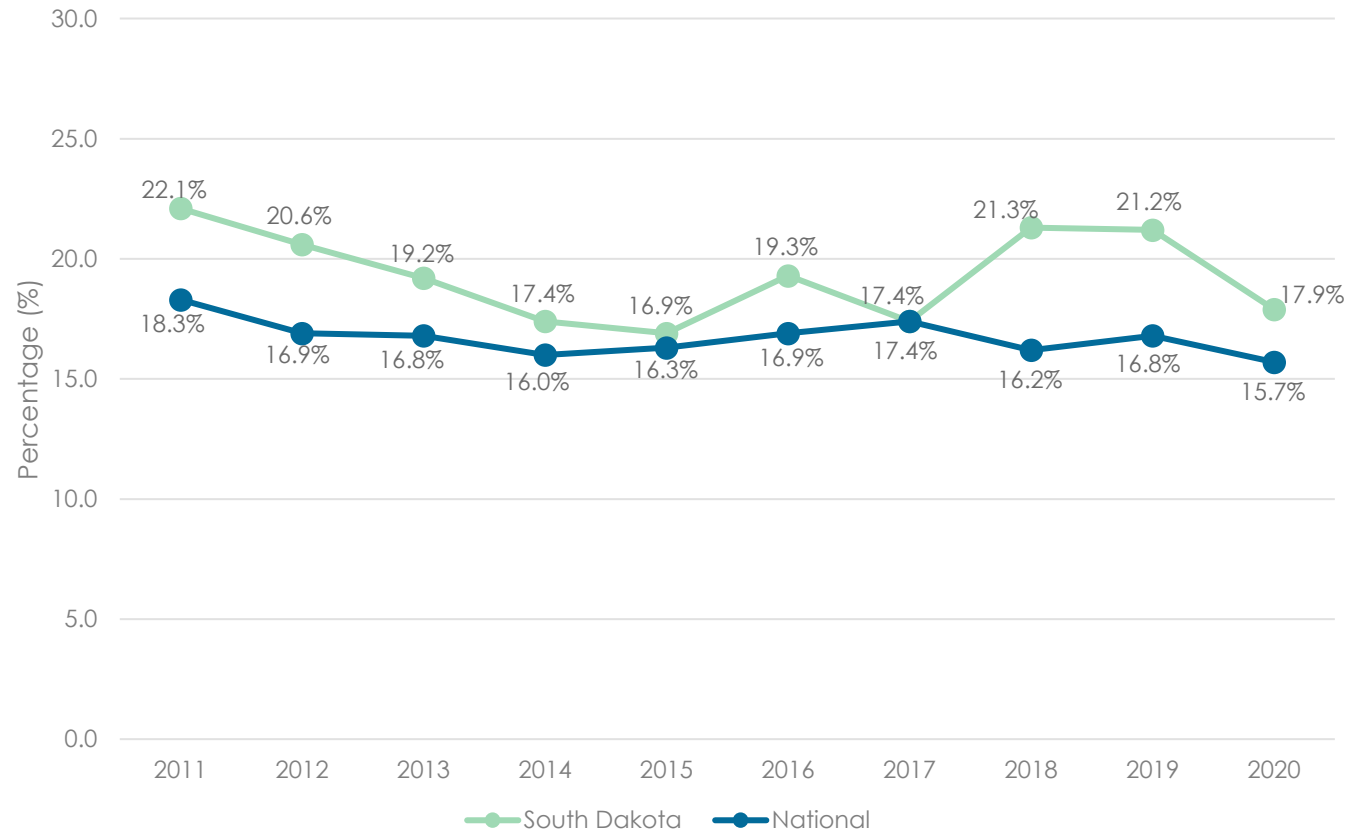
Women in South Dakota ages 18-44 who earn less than \$25,000 per year were the most likely to have depression.

Source: Center for Disease Control, BRFSS

# Adult Binge Drinking

Prevalence of adults who reported binge drinking (four or more [females] or five or more [males] drinks on one occasion in the past 30 days) between 2011 and 2020, South Dakota and the Nation

## Binge Drinking in the Past Year



Source: Center for Disease Control, BRFSS



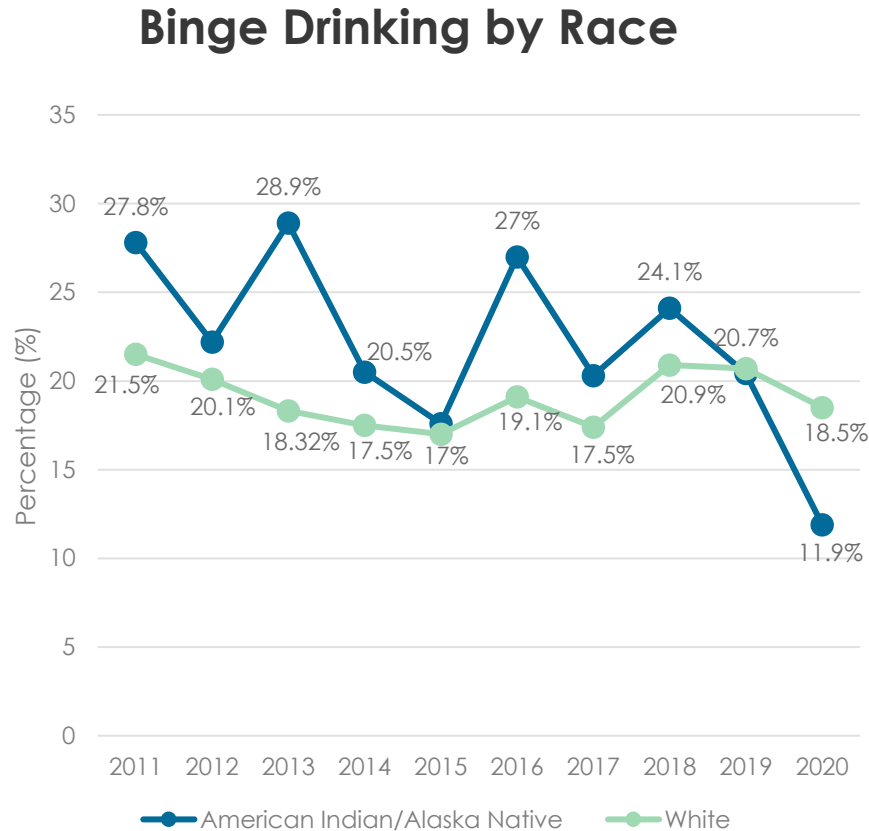
### Key Takeaway:

South Dakota's prevalence of excessive drinking has decreased.



# Adult Binge Drinking by Race

Prevalence of adults who reported binge drinking (four or more [females] or five or more [males] drinks on one occasion by race in the past 30 days, South Dakota



## Binge Drinking – American Indian/Alaska Native (2020)

South Dakota	11.9%
National	16.4%

## Binge Drinking – White (2020)

South Dakota	18.5%
National	16.4%

### Key Takeaway:

The prevalence of excessive drinking for American Indian/Alaska Natives became lower than Whites for the first time in 2020.

Source: Center for Disease Control, BRFSS

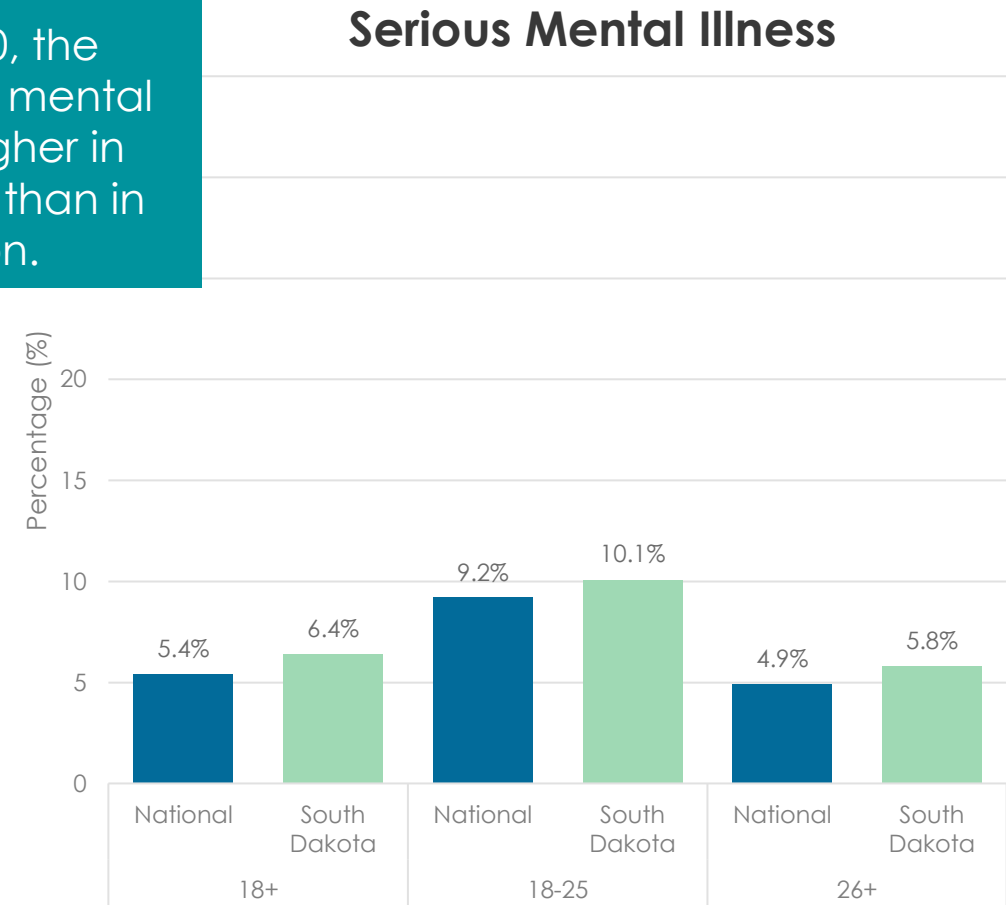
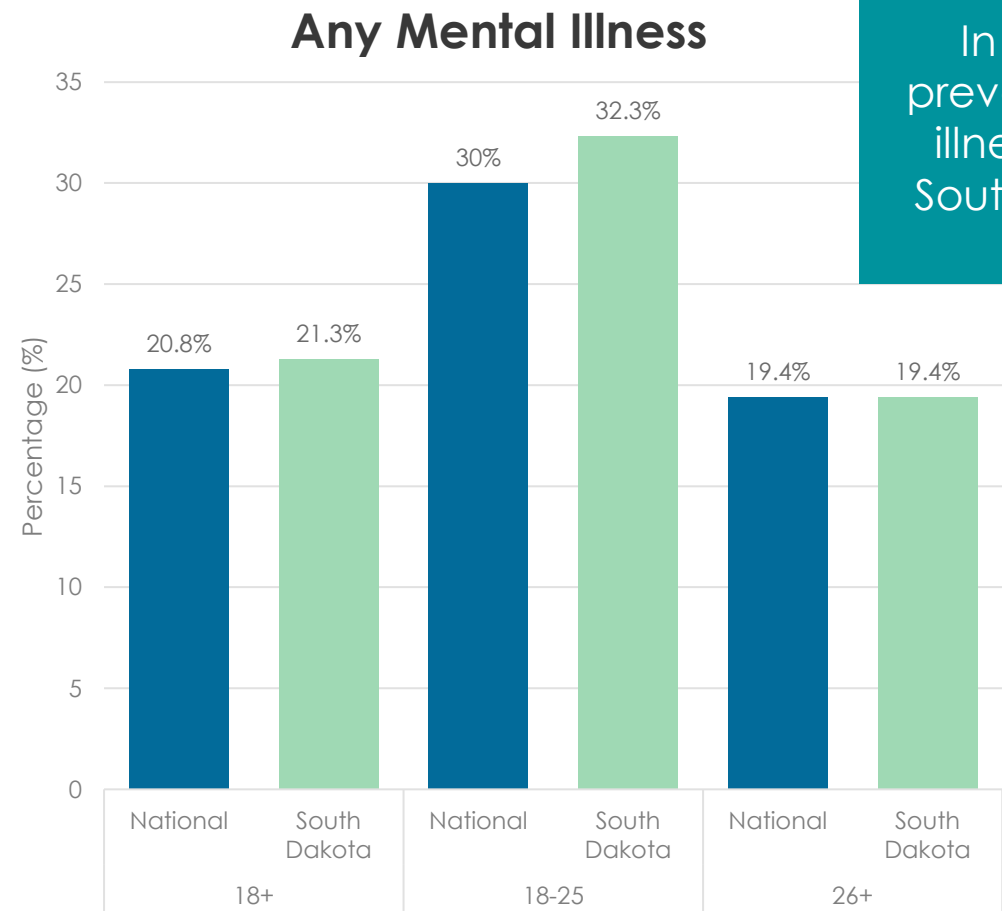
# National Survey on Drug Use and Health Data



# Prevalence of Any Mental Illness and Serious Mental Illness

National and South Dakota Prevalence of Any Mental Illness and Serious Mental Illness in 2020, South Dakota and the Nation

Key Takeaway:  
In 2019-2020, the prevalence of mental illness was higher in South Dakota than in the nation.

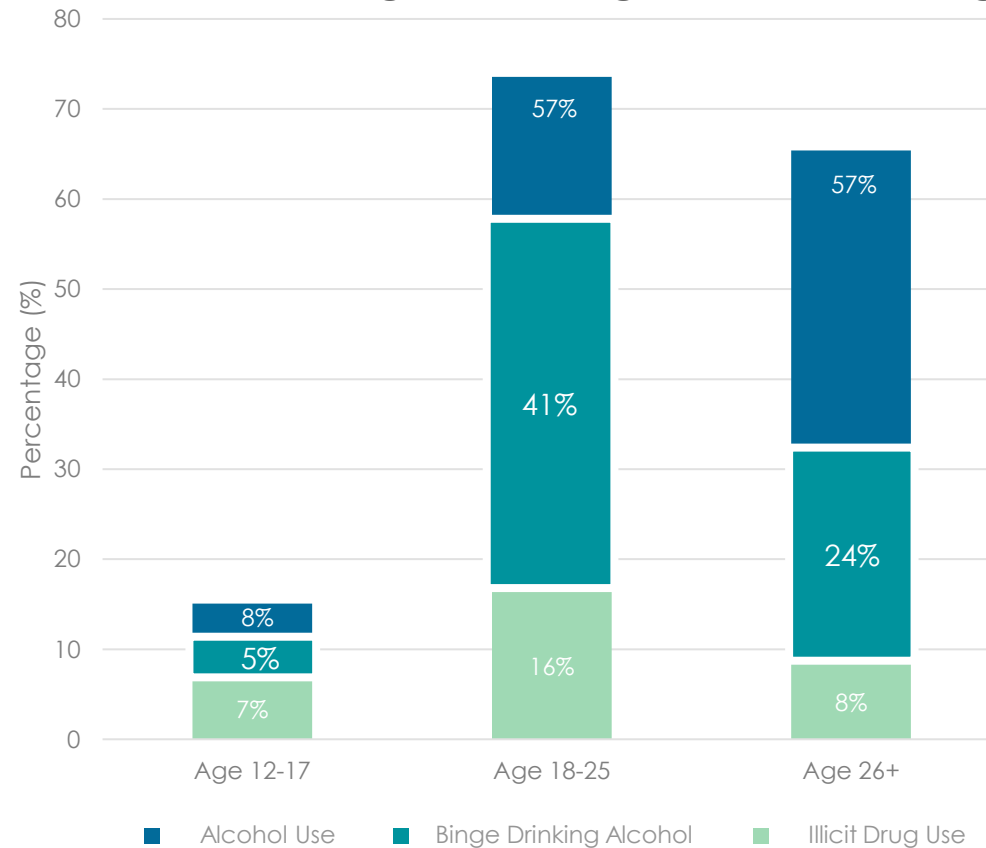


Source: NSDUH, 2019-2020

# Alcohol and Illicit Drug Use

Prevalence of past month alcohol use, binge drinking and illicit drug use in 2019-2020, South Dakota

## Alcohol Use, Binge Drinking, and Illicit Drug Use



### Key Takeaway:

Adults in South Dakota were more likely to use alcohol, including binge drinking, than to use illicit drugs.

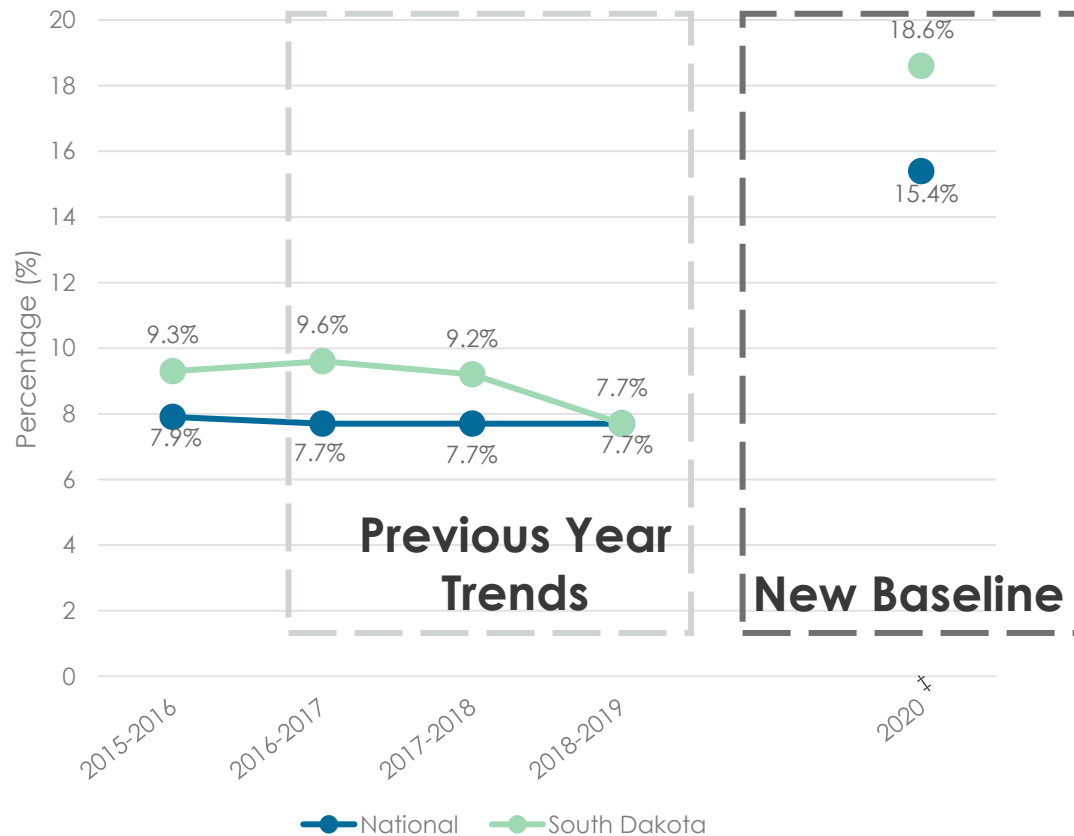
For youth, the prevalence of alcohol and illicit drug use was about the same.

Source: NSDUH, 2019-2020



# Adults With Substance Use Disorder in the Past Year

Prevalence of Adults 18+ with a substance use disorder, including both alcohol and illicit drug use in 2019-2020, South Dakota and the Nation



† SUD is defined as meeting the criteria for illicit drug or alcohol use disorder. SUD estimates are based on only 2020 data because prior year's SUD data were based on DSM-IV criteria.

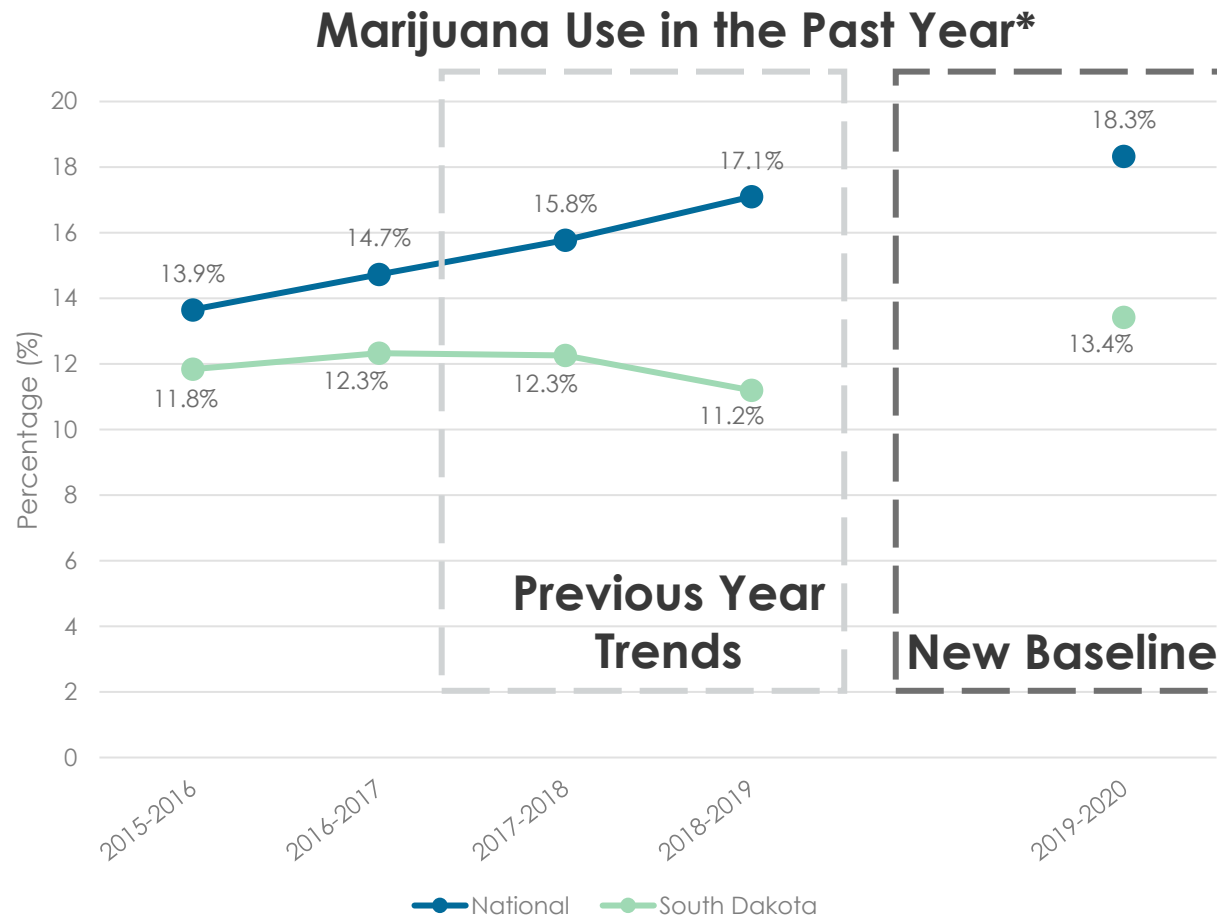
Source: NSDUH, 2015-2016 to 2019-2020

**Key Takeaway:**

South Dakota's prevalence of substance use disorder in adults has been decreasing since 2017 and had the same prevalence as the nation in 2019.

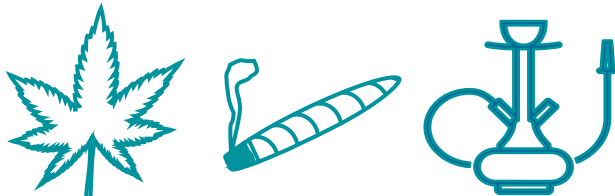
# Adult Marijuana Use

Prevalence of adults aged 18 + who reported using marijuana in the past year between 2015-2016 and 2019-2020, South Dakota and the Nation



Source: NSDUH, 2015-2016 to 2019-2020

\*2019 – 2020 should not be directly compared to previous years due to changes in collection methods, and disruption in data collection caused by the COVID-19 pandemic.



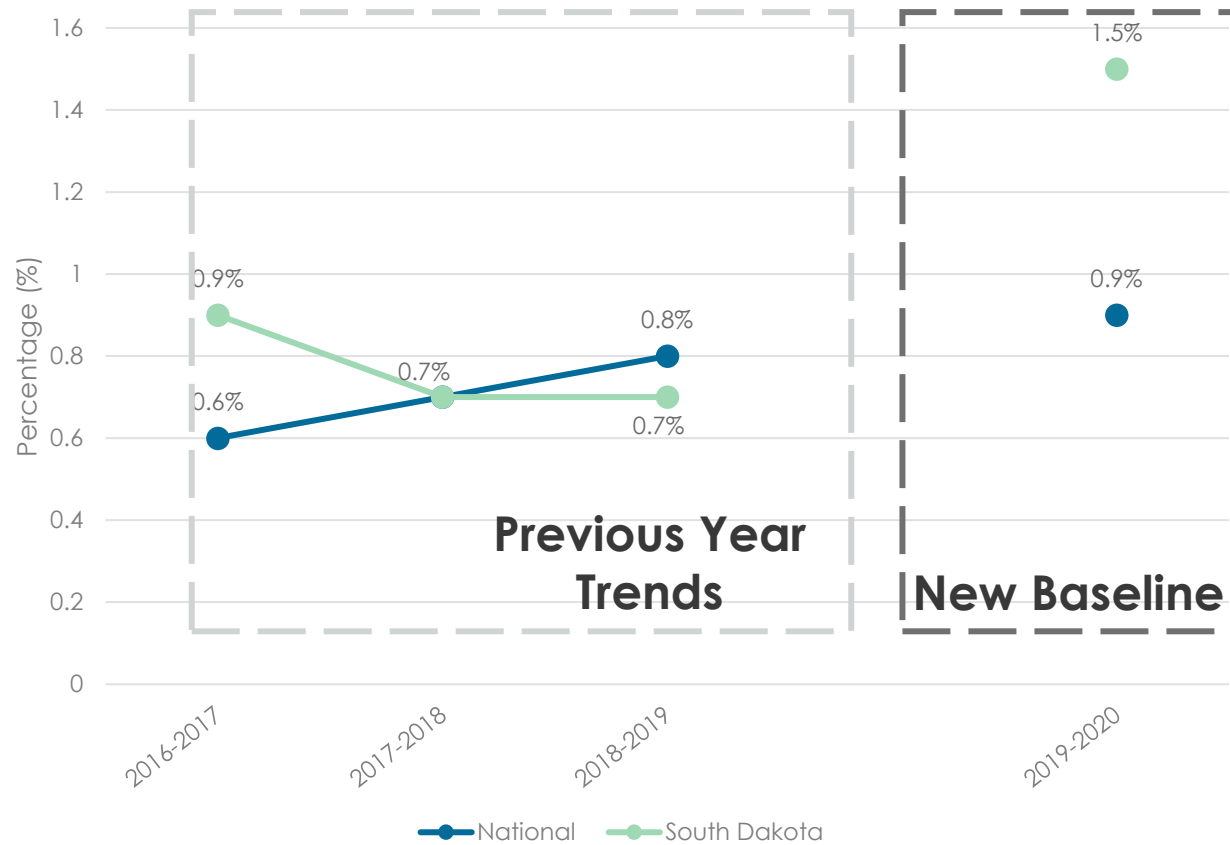
**Key Takeaway:**

South Dakota's prevalence of marijuana use is consistently lower than the nation's and showed a downward trend from 2017 to 2019.

# Adult Methamphetamine Use

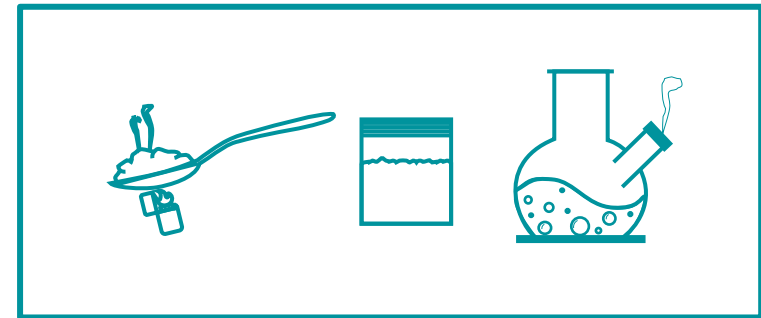
Prevalence of adults aged 18 + who reported using methamphetamine between 2016-2017 and 2019-2020, South Dakota and the Nation

## Methamphetamine Use in the Past Year\*



Source: NSDUH, 2016-2017 to 2019-2020

\*2019 – 2020 should not be directly compared to previous years due to changes in collection methods, and disruption in data collection caused by the COVID-19 pandemic.



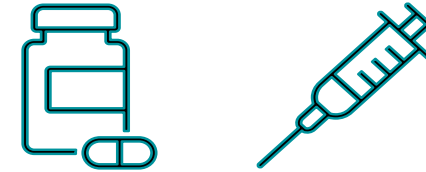
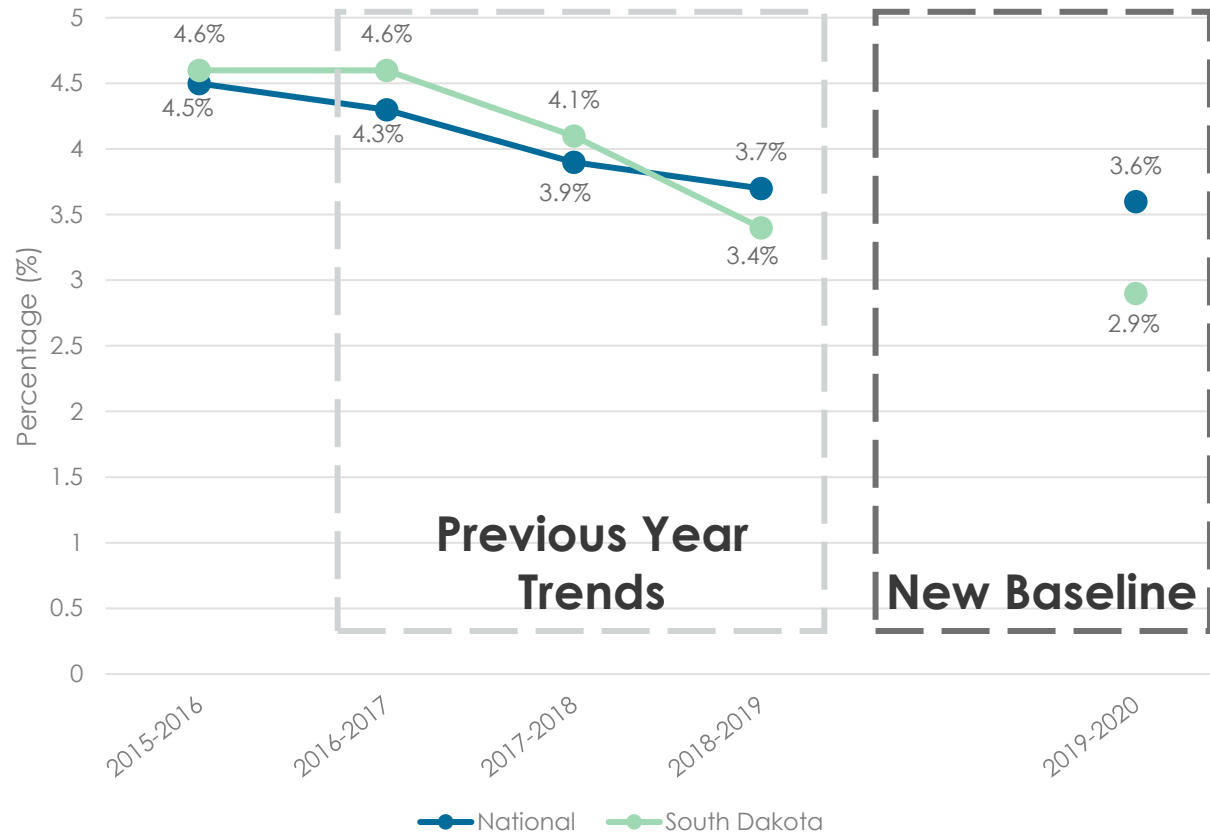
### Key Takeaway:

South Dakota's prevalence of meth use has decreased in recent years and was lower than the nation in 2018-2019.

# Adult Pain Reliever Misuse

Prevalence of adults aged 18 + who reported misusing pain relievers between 2015-2016 and 2019-2020, South Dakota and the Nation

## Pain Reliever Misuse in the Past Year\*



### Key Takeaway:

South Dakota's prevalence of pain reliever misuse has continued to decrease in recent years and was lower than the nation in 2018-2019.

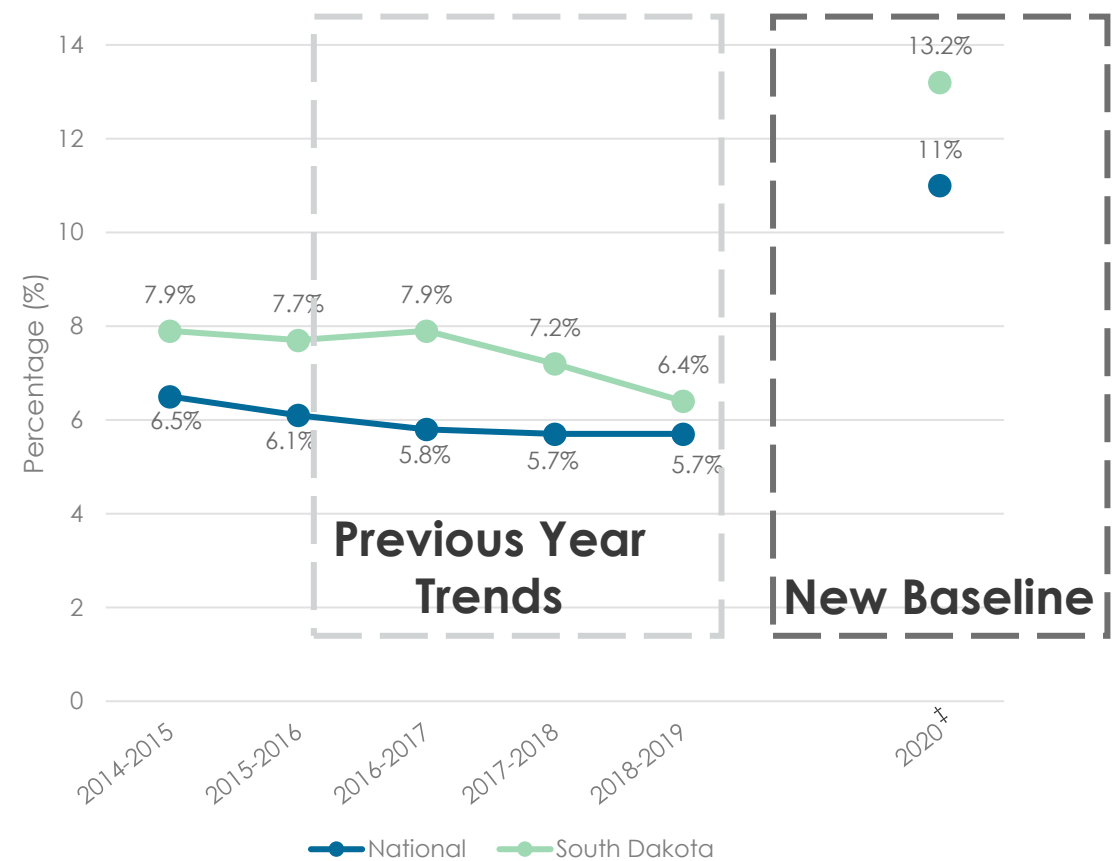
Source: NSDUH, 2015-2016 to 2019-2020

\*2019 – 2020 should not be directly compared to previous years due to changes in collection methods, and disruption in data collection caused by the COVID-19 pandemic.



# Adults With Alcohol Use Disorder in the Past Year

Prevalence of adults aged 18+ with an alcohol use disorder, based on criteria from the *Diagnostic & Statistical Manual of Mental Disorder, 5<sup>th</sup> edition* between 2014-2015 and 2020, South Dakota and the Nation



**Key Takeaway:**  
South Dakota's prevalence of alcohol use disorder has continued to decrease since 2016.

† AUD estimates are based on only 2020 data because prior year' AUD were based on DSM-IV criteria

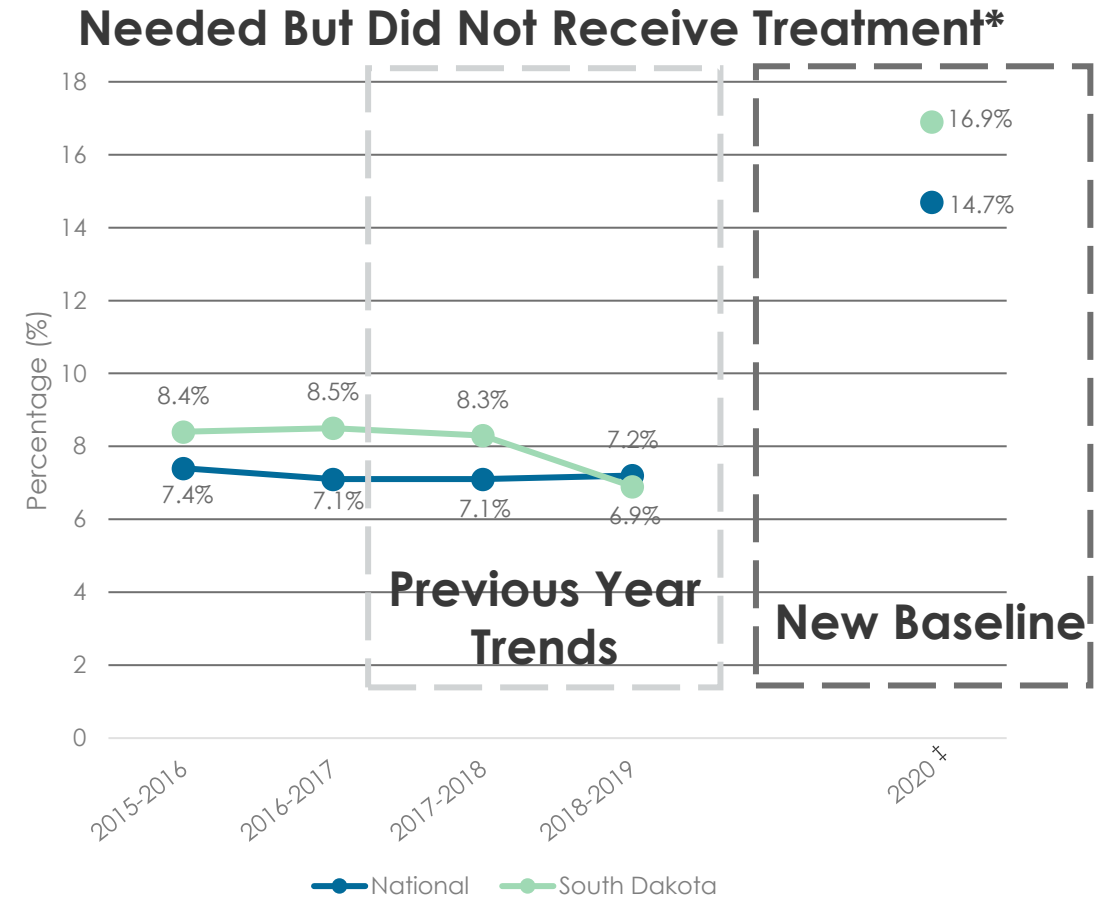
Source: NSDUH, 2014-2015 to 2019-2020

# Adults Needing But Not Receiving Treatment for Substance Use in the Past Year

Prevalence of adults aged 18+ who were classified as needing substance use treatment but did not receive treatment for substance use at a specialty facility between 2015-2016 and 2020, South Dakota and the Nation

Key takeaway:

South Dakota's prevalence of untreated substance use has been declining since 2017.



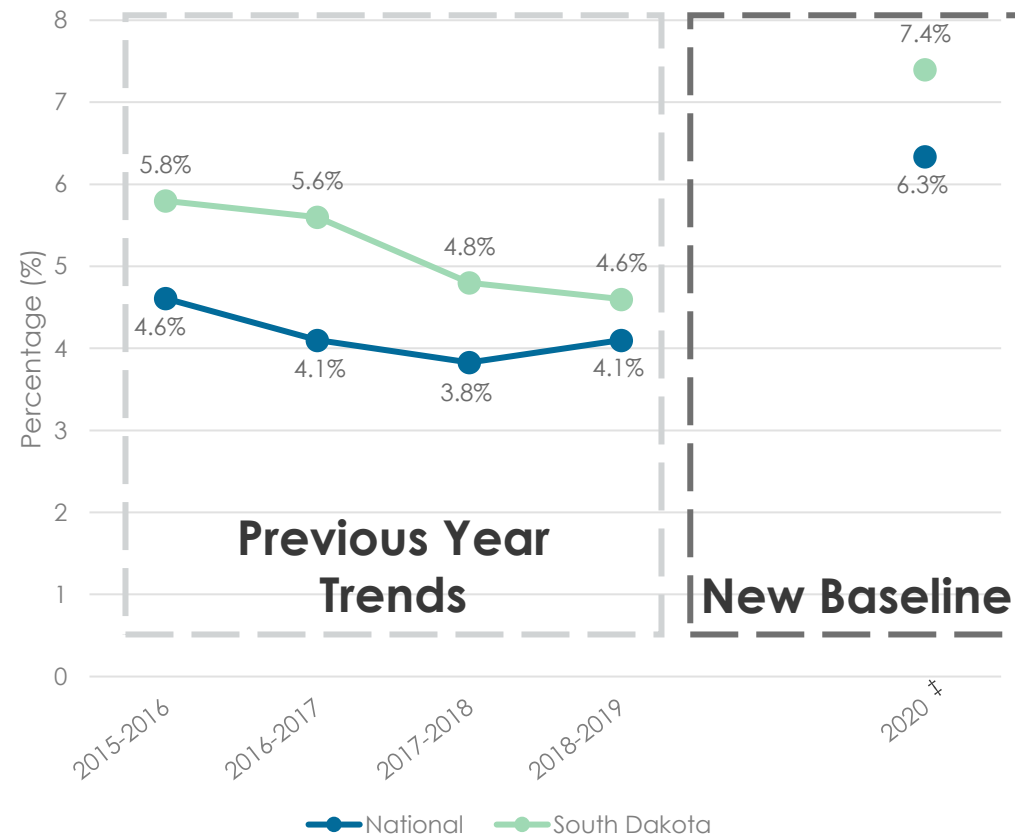
Source: NSDUH, 2015-2016 to 2019-2020

\*2019 – 2020 should not be directly compared to previous years due to changes in collection methods, and disruption in data collection caused by the COVID-19 pandemic.

† SUD is defined as meeting the criteria for illicit drug or alcohol use disorder. SUD and related estimates are based on only 2020 data because prior year† SUD data were based on DSM-IV criteria.

# Youth With Substance Use Disorders in the Past Year

Prevalence of youth aged 12-17 years old with a substance use disorder, which is defined as meeting the criteria for illicit drug or alcohol use disorder between 2015-2016 and 2020, South Dakota and the Nation



Source: NSDUH, 2015-2016 to 2019-2020

† SUD is defined as meeting the criteria for illicit drug or alcohol use disorder. SUD estimates are based on only 2020 data because prior years' SUD data were based on DSM-IV criteria.

**Key Takeaway:**

South Dakota's prevalence of substance use disorder in youth has been decreasing since 2015.

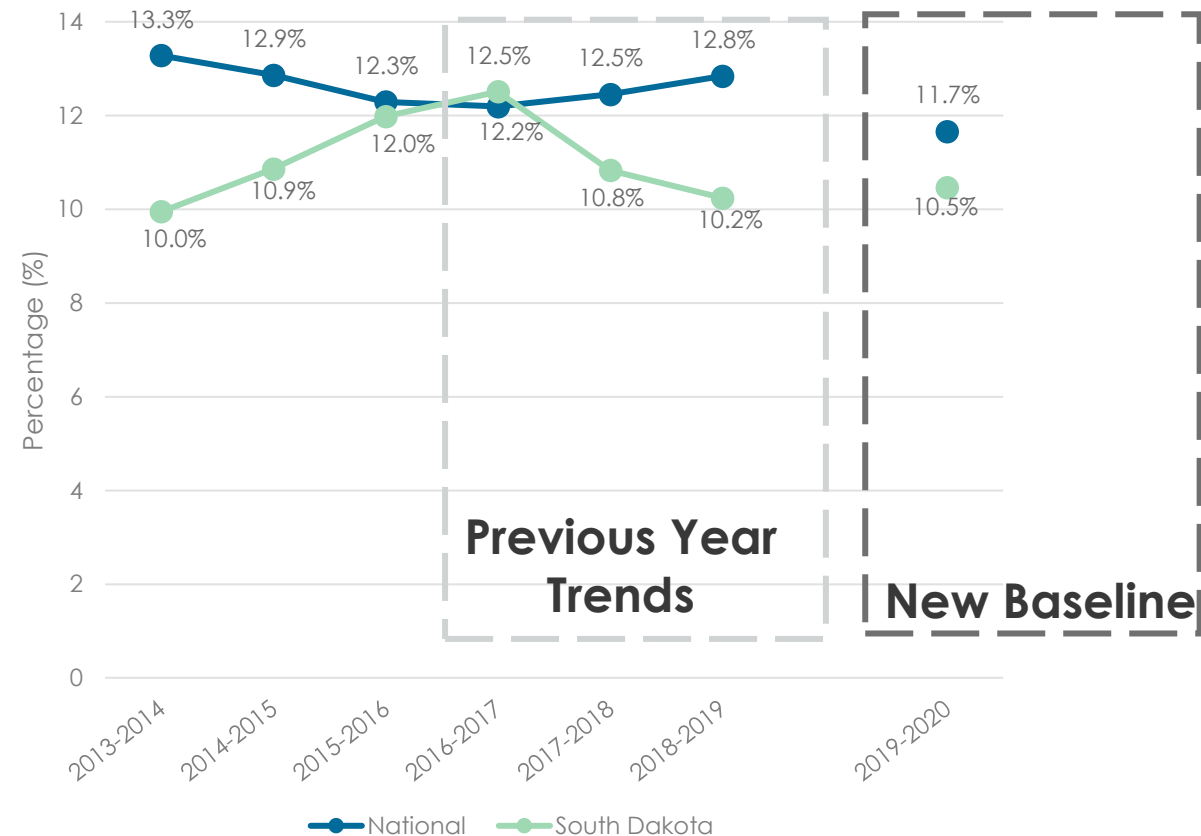
# Youth Prevalence of Marijuana Use\*

Prevalence of youth aged 12-17 who reported marijuana use in the past year between 2013-2014 and 2019-2020, South Dakota and the Nation



## Key Takeaway:

South Dakota's prevalence of youth using marijuana has decreased since 2016-2017.



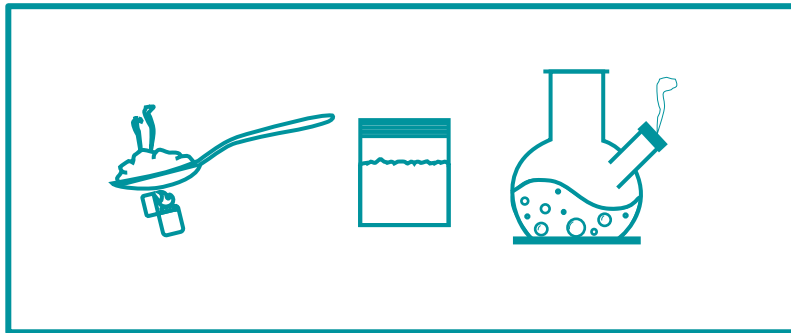
Source: NSDUH, 2013-2014 to 2019-2020

\*2019 – 2020 should not be directly compared to previous years due to changes in collection methods, and disruption in data collection caused by the COVID-19 pandemic.



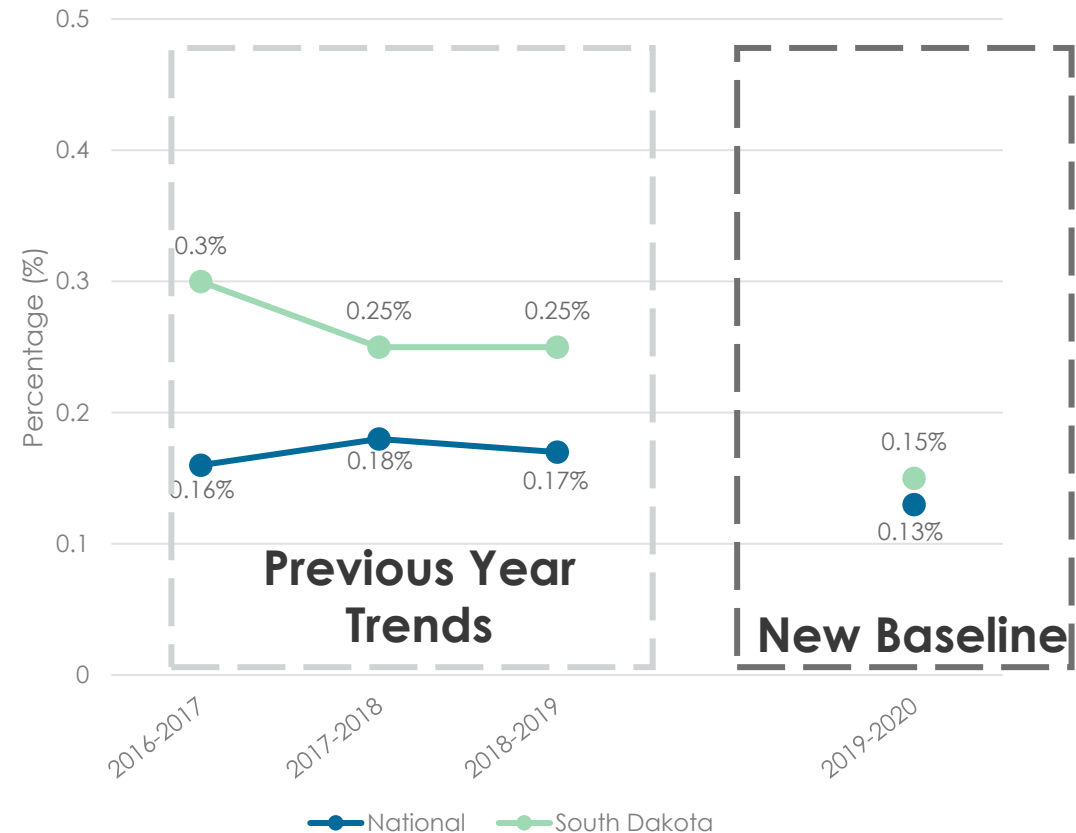
# Youth Prevalence of Methamphetamine\*

Prevalence of youth aged 12-17 who reported using methamphetamine between 2016-2017 and 2019-2020, South Dakota and the Nation



## Key Takeaway:

South Dakota's prevalence of youth using meth has decreased since 2016-2017.



Source: NSDUH, 2016-2017 to 2019-2020

\*2019-2020 should not be directly compared to previous years due to changes in collection methods, disruption in data collection caused by the COVID-19 pandemic and changing to DSM-V for categorizing SUD.

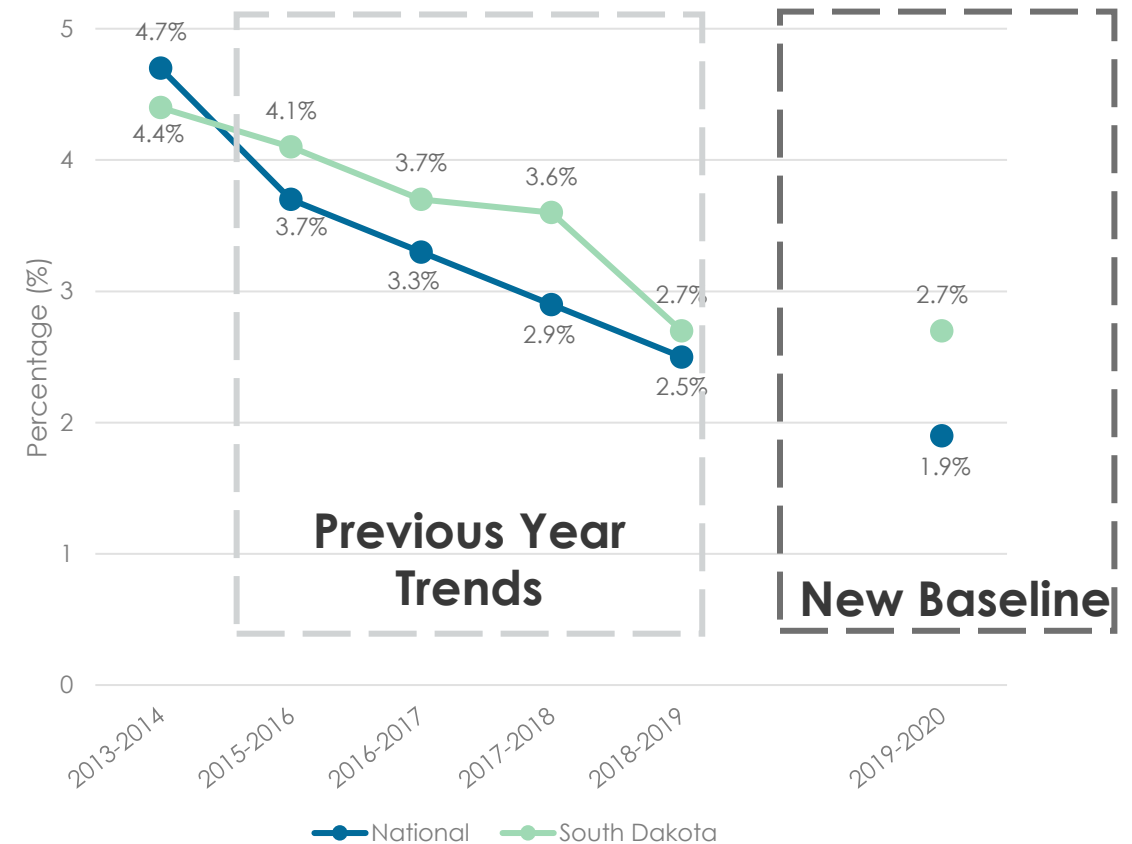
# Youth Prevalence of Pain Reliever Misuse\*

Prevalence of youth aged 12-17 who reported misusing pain relievers between 2013-2014 and 2019-2020, South Dakota and the Nation



## Key Takeaway:

South Dakota's prevalence of youth misusing pain relievers has decreased since 2013-2014.



Source: NSDUH, 2013-2014 to 2019-2020

\*2019 - 2020 should not be directly compared to previous years due to changes in collection methods, disruption in data collection caused by the COVID-19 pandemic and changing to DSM-V for categorizing SUD.

# Binge Drinking in Youth

Prevalence of youth aged 12-17 that reported binge drinking, defined as four or more drinks of alcohol in a row for females or five or more drinks of alcohol in a row for male students in the past 30 days between 2015-2016 and 2019-2020, South Dakota and the Nation

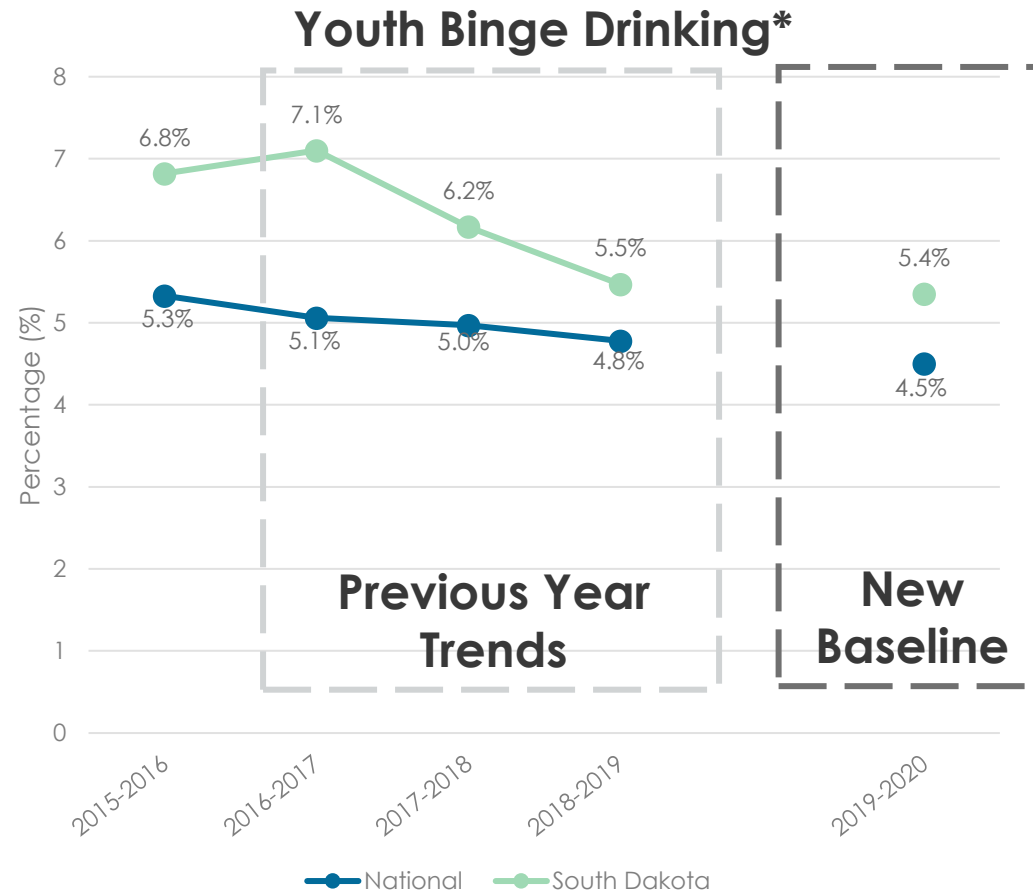


## Key Takeaway:

South Dakota's prevalence of youth binge drinking has consistently been higher than the nation but declined steadily between 2016 to 2019.

Source: NSDUH, 2015-2016 to 2019-2020

\*2020 should not be directly compared to previous years due to changes in collection methods, disruption in data collection caused by the COVID-19 pandemic and changing to DSM-V for categorizing SUD.



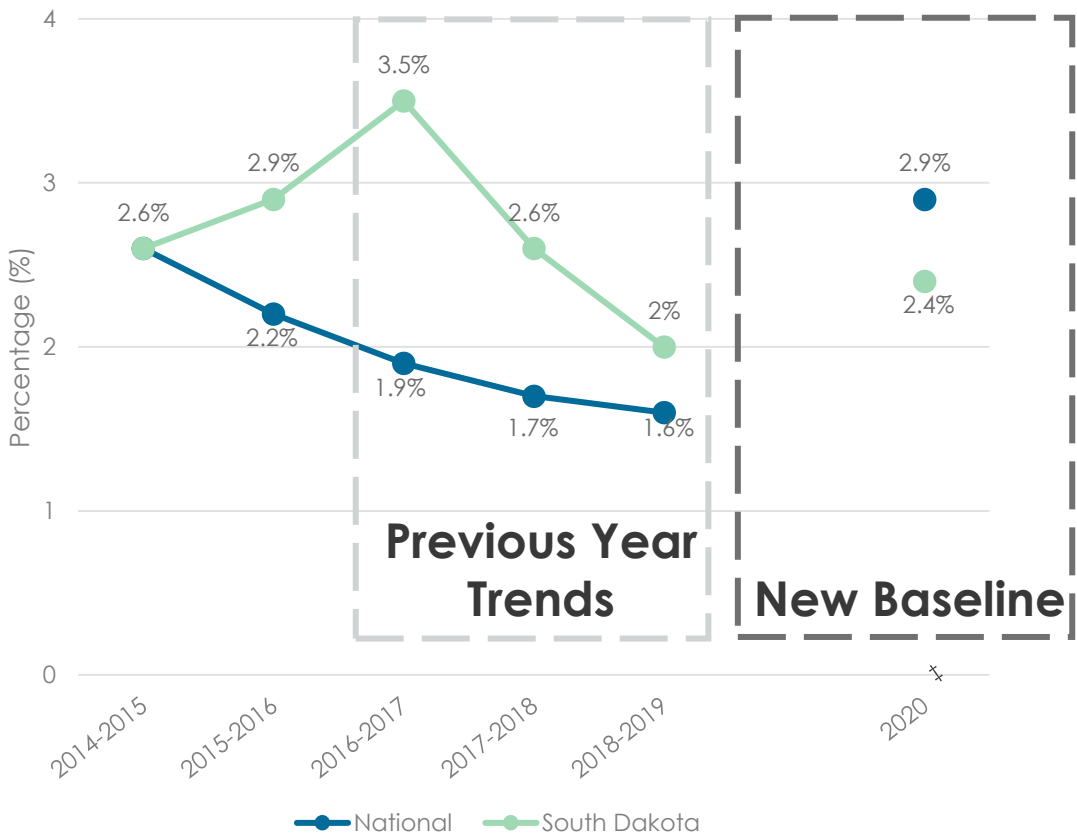
# Youth With Alcohol Use Disorder in the Past Year

Prevalence of youth aged 12 – 17 that met criteria from the *Diagnostic and Statistical Manual of Mental Disorders*, 5<sup>th</sup> edition (DSM-5), South Dakota and the Nation



Key Takeaway:

South Dakota's prevalence of alcohol use disorder in youth has continued to decrease since 2016.



‡ Alcohol Use Disorder (AUD) data in 2020 are based on criteria from the Diagnostic and Statistical Manual of Mental Disorders, 5<sup>th</sup> edition (DSM-5). AUD and related estimates are based on only 2020 data because prior years' AUD data were based on DSM-IV criteria.

Source: NSDUH, 2018-2019 to 2019-2020

# Youth Needing But Not Receiving Treatment for Substance Use Disorders in the Past Year

Youth aged 12-17 who were classified as needing substance use treatment but did not receive treatment for substance use at a specialty facility between 2015-2016 and 2020, South Dakota and the Nation

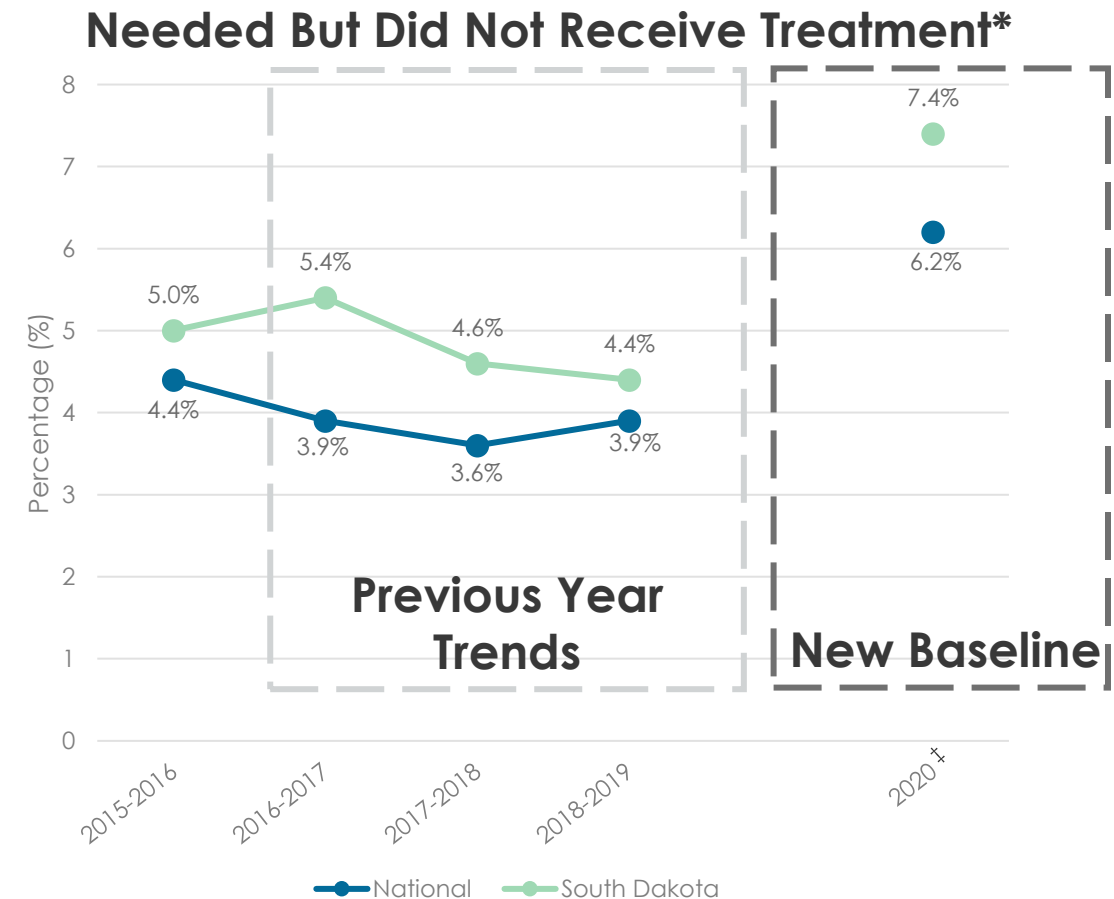
Key takeaway:

South Dakota's prevalence of youth untreated for substance use has declined since 2016-2017.

Source: NSDUH, 2015-2016 to 2019-2020

\*2020 should not be directly compared to previous years due to changes in collection methods, disruption in data collection caused by the COVID-19 pandemic and changing to DSM-V for categorizing SUD.

‡ SUD is defined as meeting the criteria for illicit drug or alcohol use disorder. SUD estimates are based on only 2020 data because prior years' SUD data were based on DSM-IV criteria.



# Mental Health America Data



# Adult Access to Care

Prevalence of Adults with Any Mental Illness (AMI) Who Did Not Receive Treatment between 2017-2018 and 2018-2019, South Dakota and the Nation

## Nation

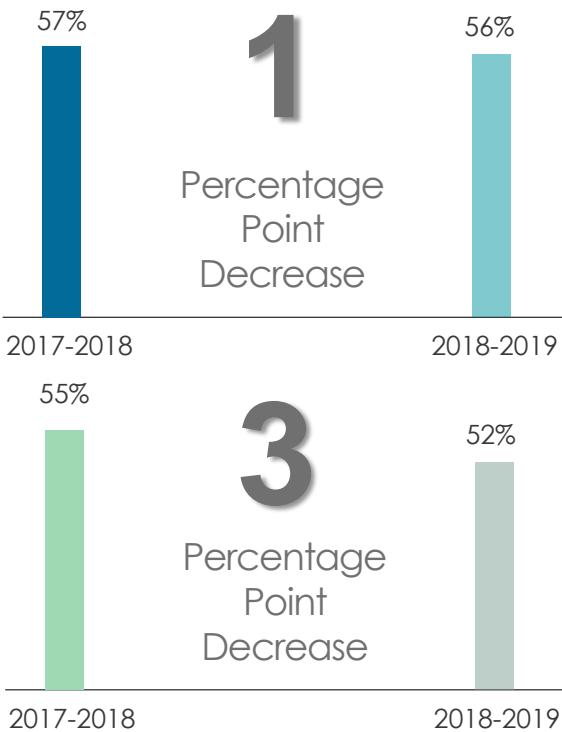
Fifty-six percent of all adults in the nation with any mental illness received no treatment in 2018-2019.

## South Dakota

Fifty-two percent of all adults in South Dakota with any mental illness received no treatment in 2018-2019.

### Key Takeaway:

South Dakota's prevalence of untreated adults with AMI was lower than the nation.



Source: Mental Health America, 2021 and 2022



# Adult Unmet Need in Mental Health Treatment

Prevalence of Adults with Any Mental Illness Who Did Not Receive Treatment between 2017-2018 and 2018-2019, South Dakota and the Nation

## Nation

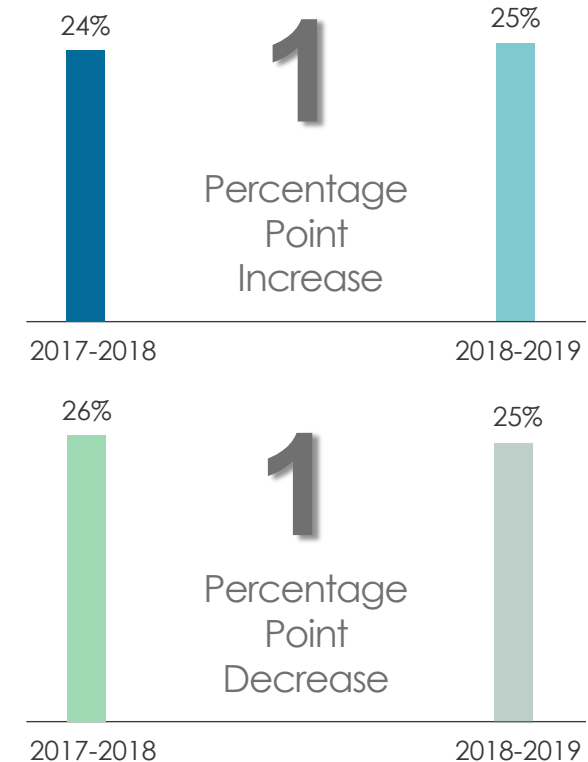
Twenty-five percent of all adults in the nation with any mental illness reported that they were not able to receive the treatment they needed in 2018-2019.

## South Dakota

Twenty-five percent of all adults in South Dakota with any mental illness reported that they were not able to receive the treatment they needed in 2018-2019.

### Key Takeaway:

South Dakota had the same prevalence as the nation of adults with AMI who did not receive treatment.



Source: Mental Health America, 2021 and 2022

# Mental Illness in Youth

Prevalence of Youth With At Least One Major Depressive Episode (MDE) between 2017-2018 and 2018-2019, South Dakota and the Nation

## Nation

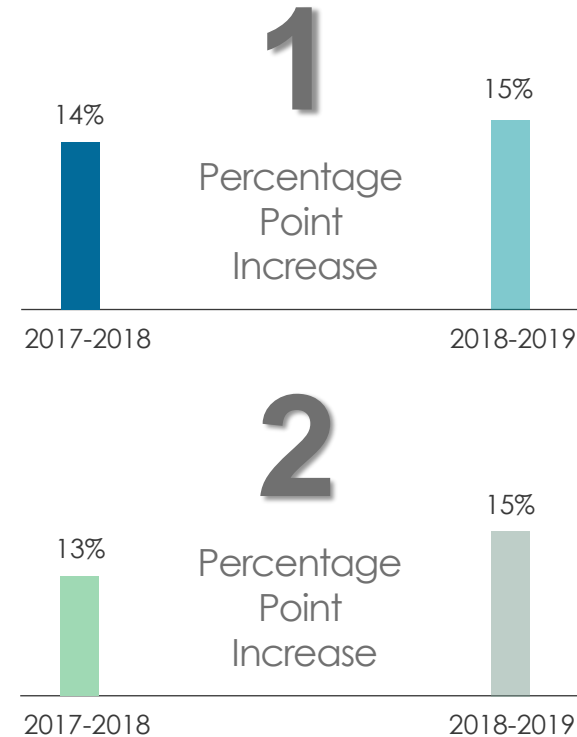
Fifteen percent of youth in the nation coped with at least one MDE in 2018-2019.

## South Dakota

Fifteen percent of youth in South Dakota coped with at least one MDE in 2018-2019.

### Key Takeaway:

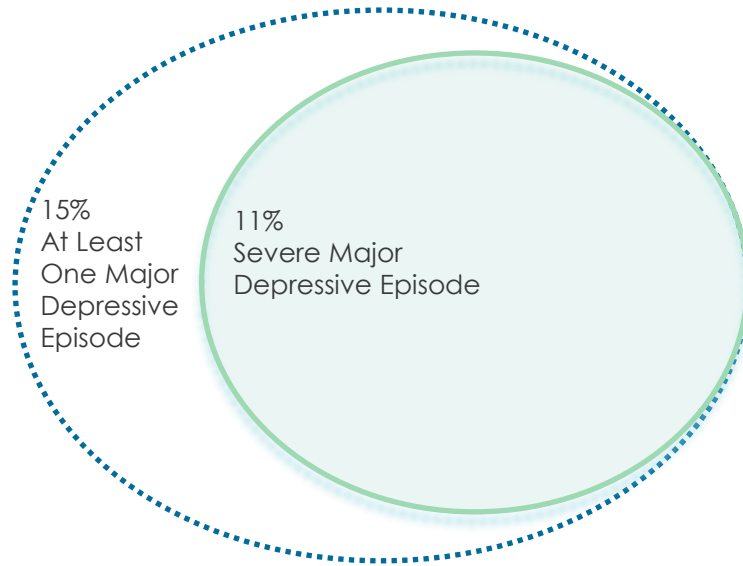
South Dakota had the same prevalence as the nation of youth with MDE.



# Youth With Severe Major Depressive Episode

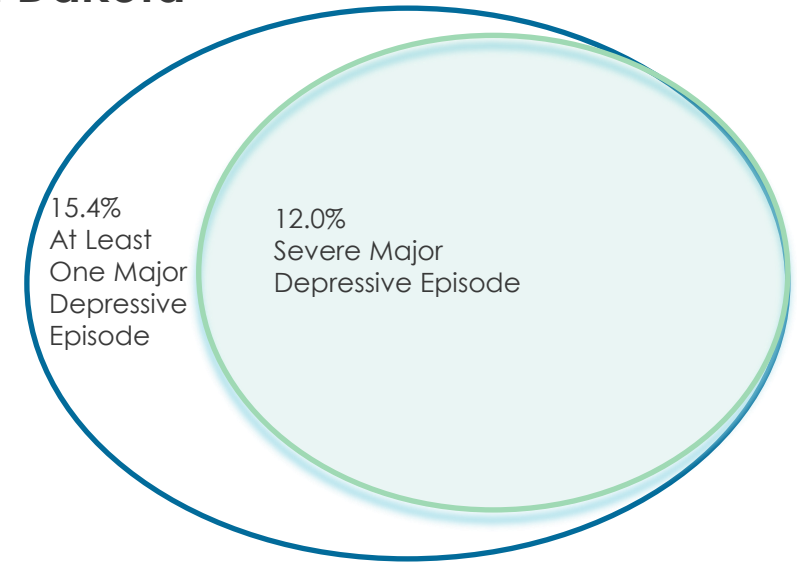
Prevalence of Youth that experienced a major depressive episode and severe major depressive episode that led to impairment in 2018-2019, South Dakota and the Nation

## Nation



Eleven percent of youth in the nation report suffering from a severe major depressive episode.

## South Dakota



Twelve percent of youth in South Dakota reported suffering from a severe major depressive episode.

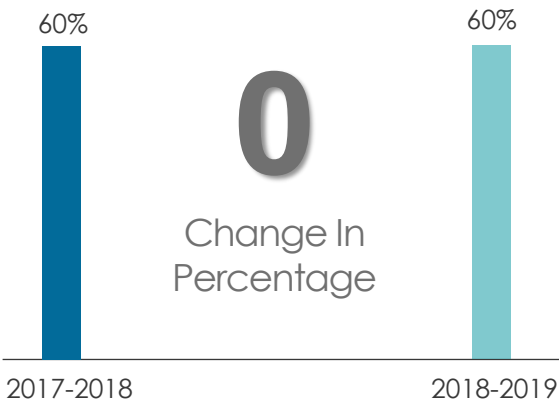
Source: Mental Health America, 2021 and 2022

# Treatment Access for Youth With a Major Depressive Episode

Prevalence of Youth with a Major Depressive Episode (MDE) Who Did Not Receive Mental Health Treatment between 2017-2018 and 2018-2019, South Dakota and the Nation

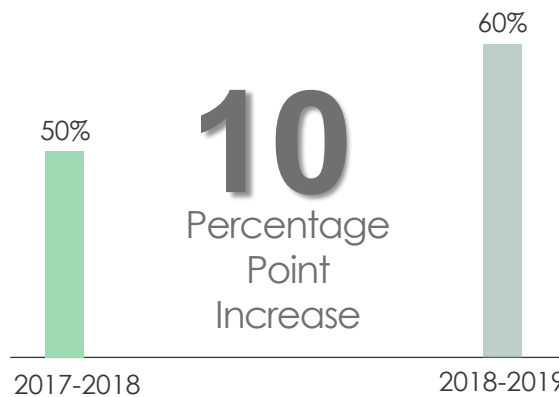
## Nation

Sixty percent of youth in the nation with a major depressive episode did not receive mental health services in 2018-2019.



## South Dakota

Sixty percent of youth in South Dakota youth with a major depressive episode did not receive mental health services in 2018-2019.



### Key takeaway:

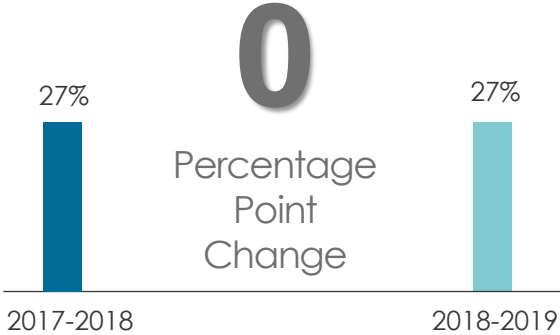
South Dakota had the same prevalence as the nation of youth with an MDE who did not receive services.

Source: Mental Health America, 2021 and 2022

# Youth With Severe Major Depressive Episode Who Received Consistent Treatment (7-25+ visits in a year)

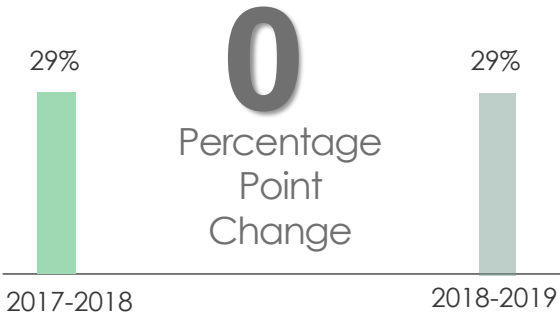
## Nation

Twenty-seven percent of youth with a severe major depressive episode in the nation received consistent mental health services in 2018-2019.



## South Dakota

Twenty-nine percent of youth in South Dakota with a severe major depressive episode received consistent mental health services in 2018-2019.



### Key Takeaway:

South Dakota's prevalence of youth with a severe MDE who received consistent treatment was higher than the nation.

Source: Mental Health America, 2021 and 2022

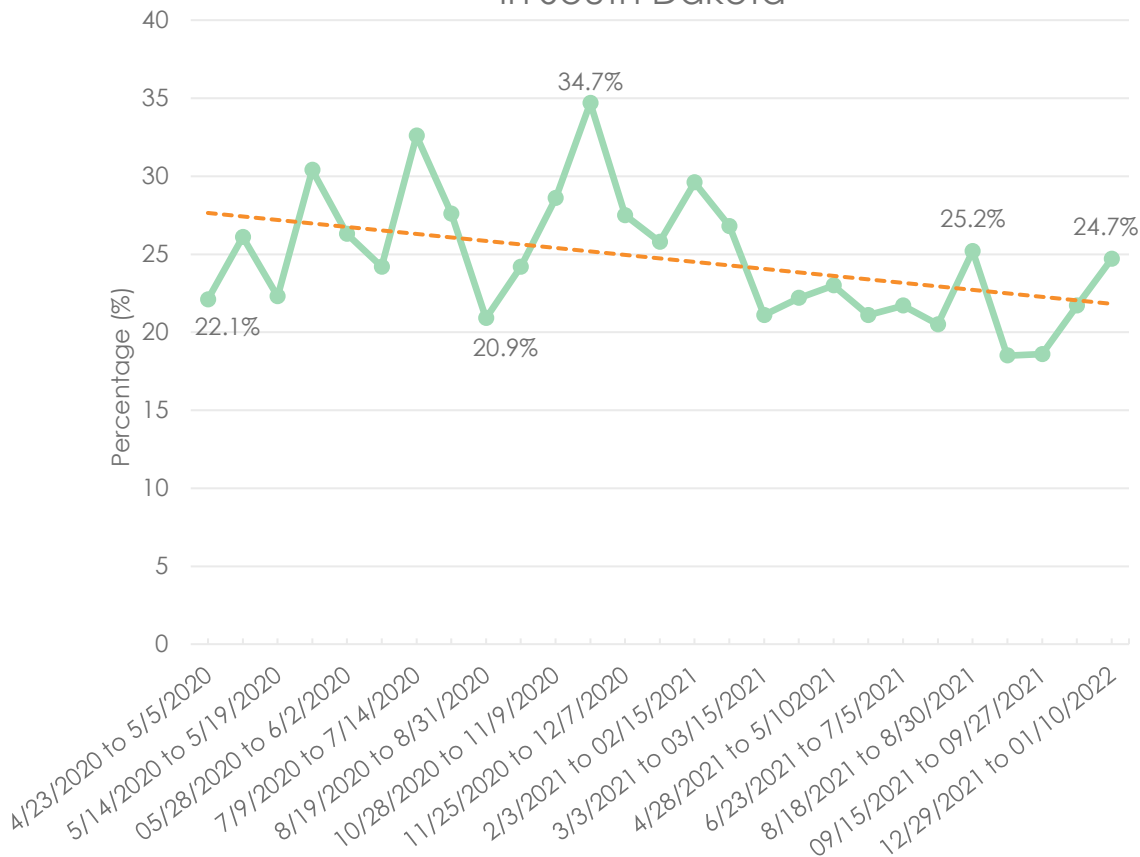
# COVID-19 Impact



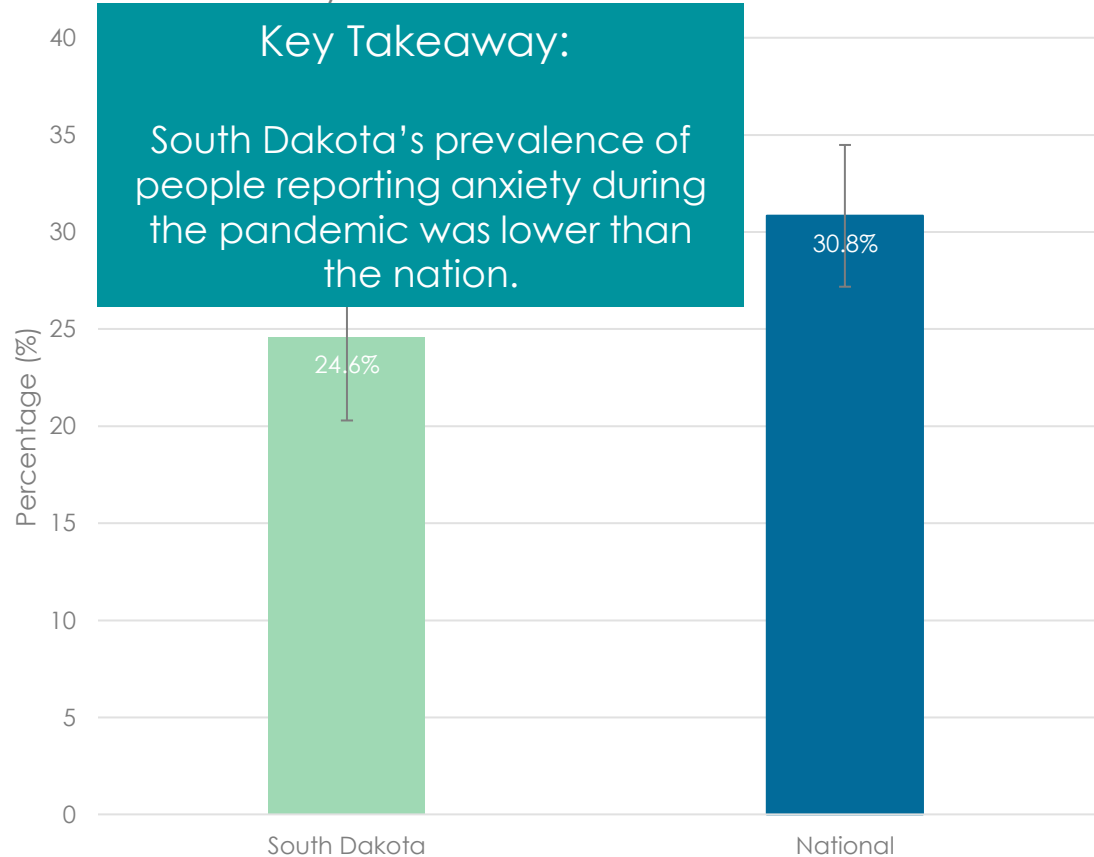
# 2020-2021 Symptoms of Anxiety During the COVID-19 Pandemic

In the last 7 days participant reported feeling nervous or unable to stop worrying

2020 - 2021 COVID Impact: Symptoms of Anxiety in South Dakota



2020-2021 COVID Impact: Average Prevalence of Anxiety in South Dakota and National



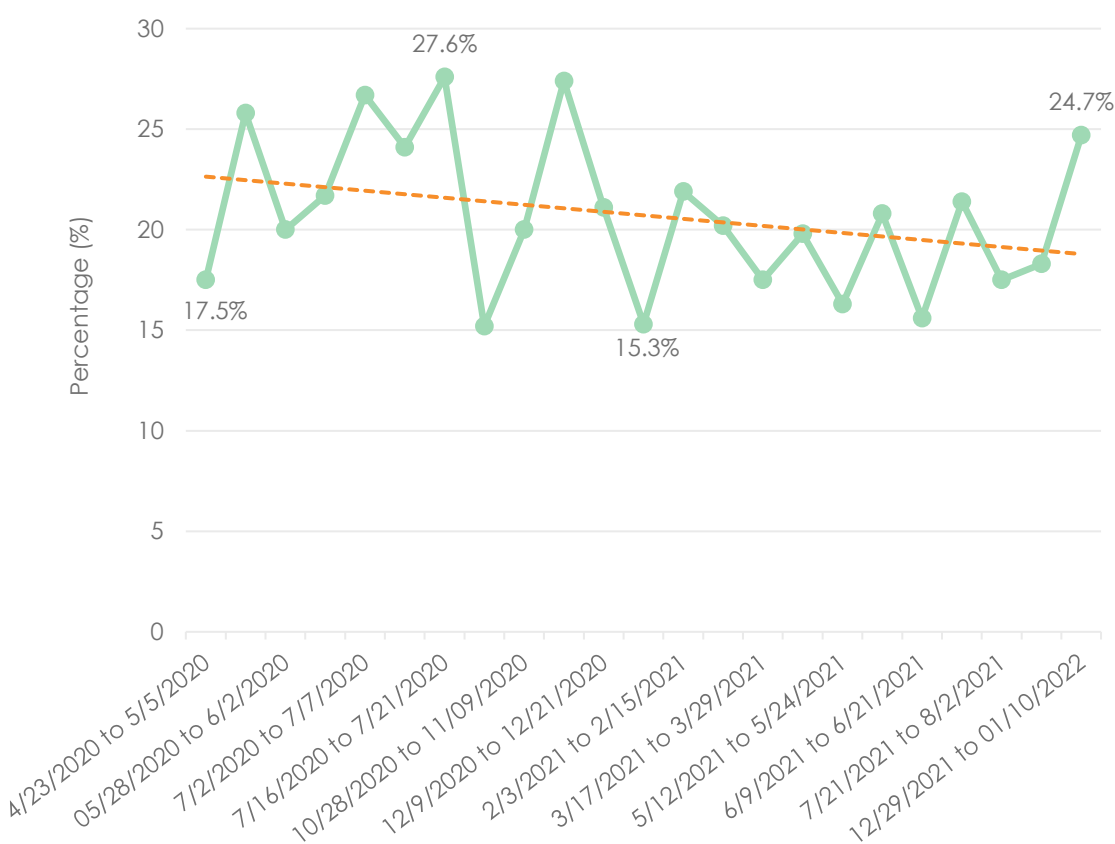
Source: Center for Disease Control (CDC), National Center for Health Statistics and U.S. Census Bureau



# 2020-2021 Symptoms of Depression During the COVID-19 Pandemic

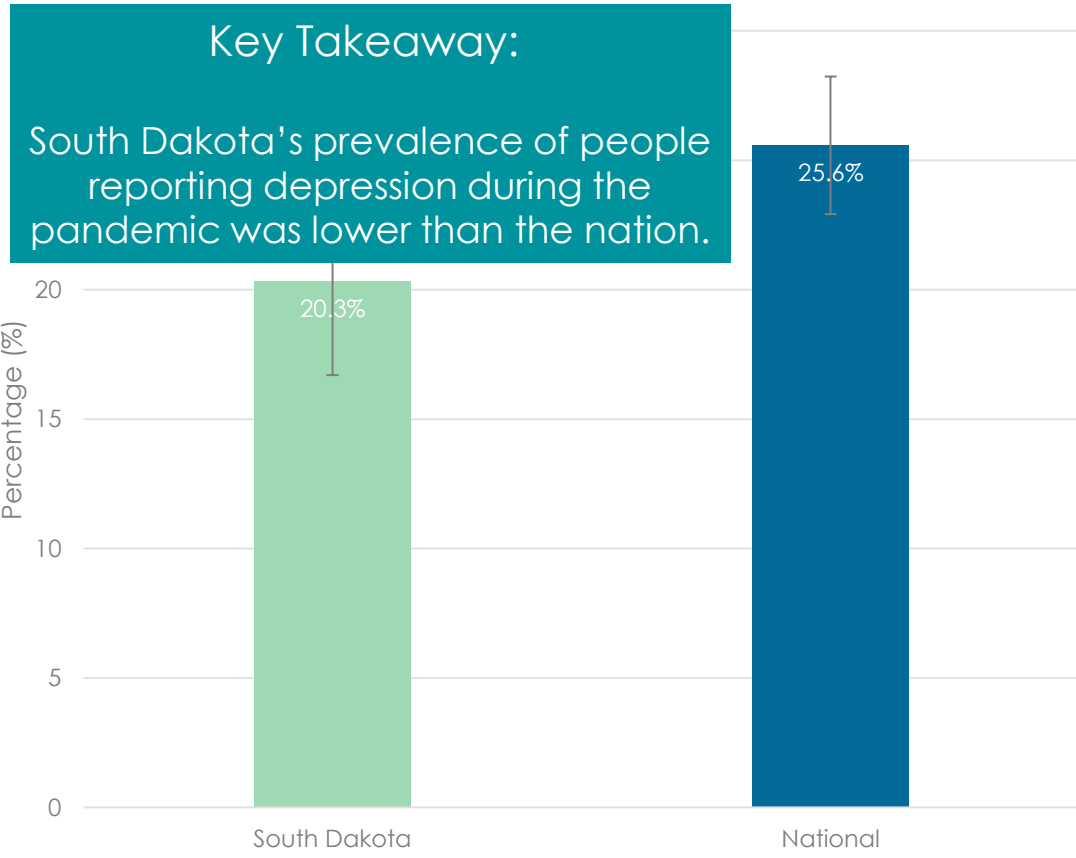
In the last 7 days participant reported feeling depressed/hopeless or little interest/pleasure in doing things

2020 - 2021 COVID Impact: Symptoms of Depression



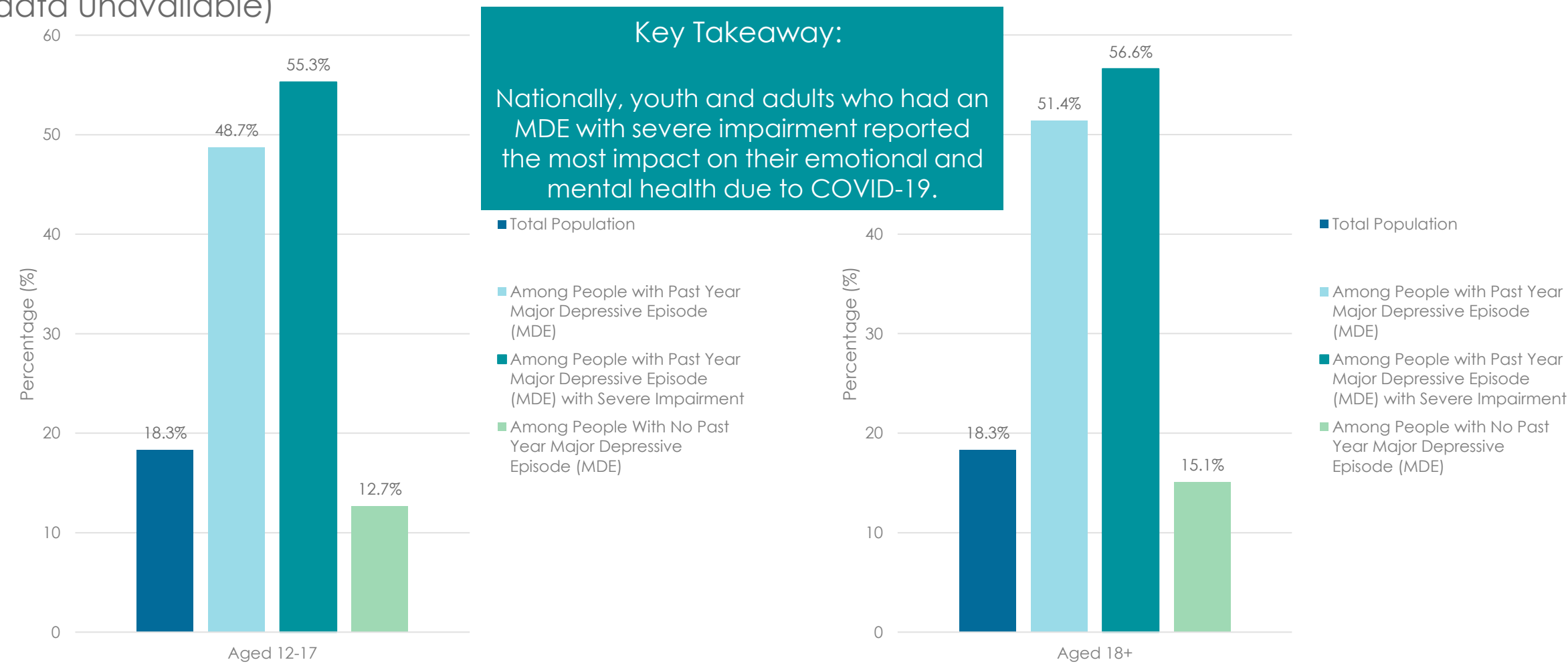
Source: Center for Disease Control (CDC), National Center for Health Statistics and U.S. Census Bureau

2020-2021 COVID Impact: Average Prevalence of Depression in South Dakota and National



# National: COVID-19 Impact on People with Major Depressive Episode

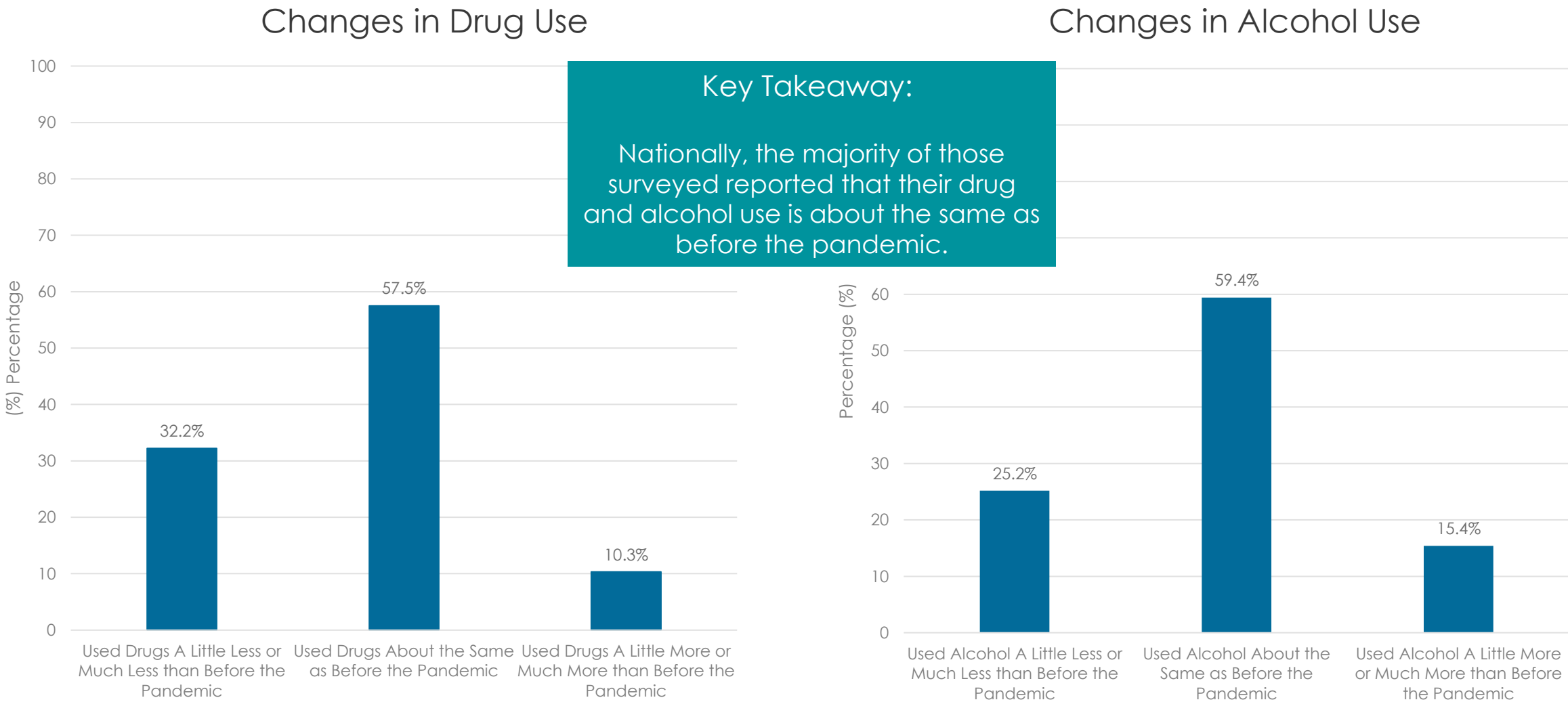
Perceived negative effect on emotional and mental health rated “Quite A Bit” or “A Lot” (state level data unavailable)



Source: NSDUH, 2020

# National: COVID-19 Impact on Substance Use

Total reported change in drug or alcohol use in the nation (state level data unavailable)



Source: NSDUH, 2020



Website:

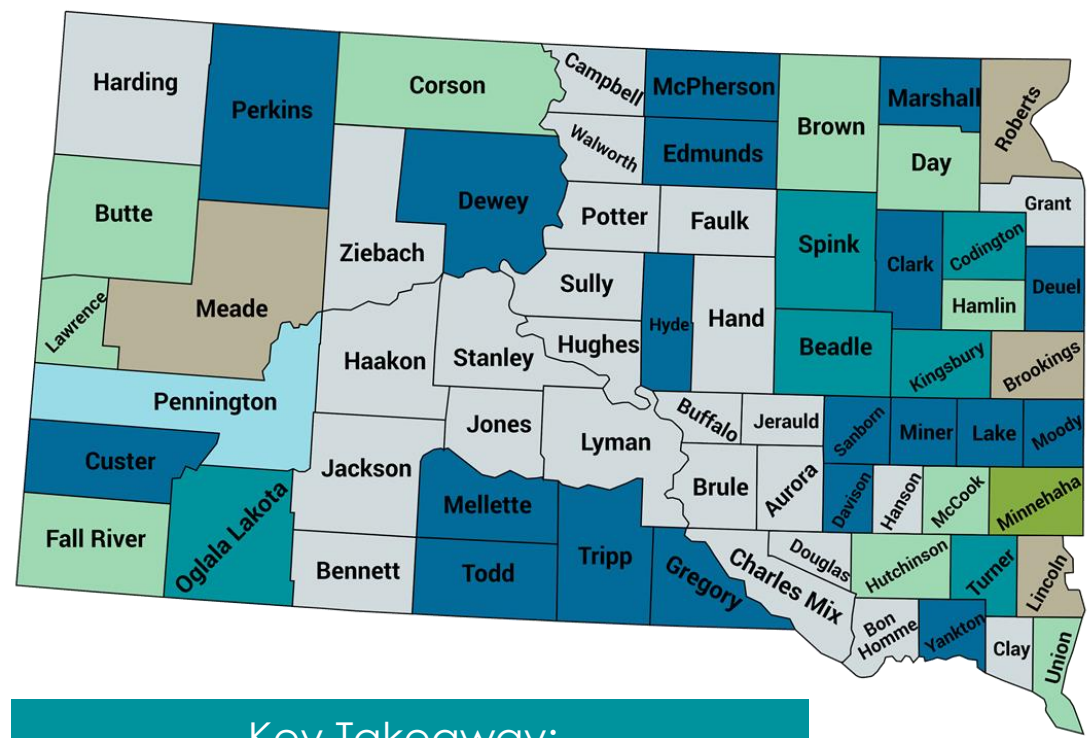
URL: <https://www.sdseow.org>

# What's Now and What's Next



# South Dakota's Response to Behavioral Health Needs

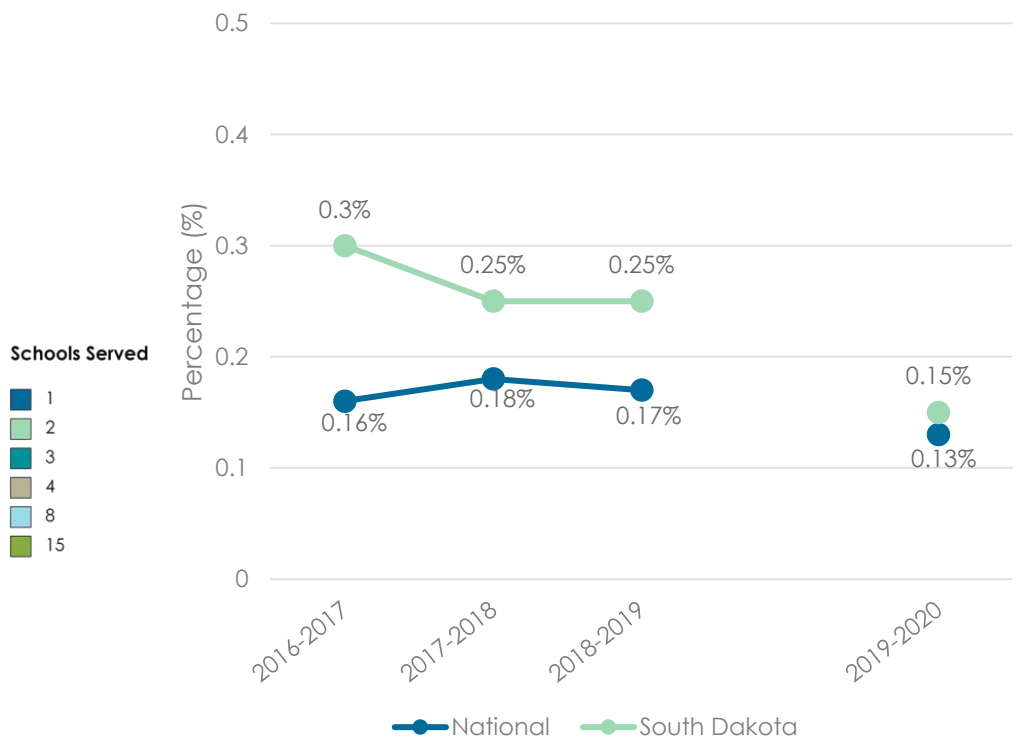
Substance use awareness and prevention efforts in South Dakota



## Key Takeaway:

- Currently, 96 schools have prevention program services available
- The prevalence of meth use in youth is declining.

## Youth Prevalence of Methamphetamine Use\*



Source: NSDUH, 2016-2017 to 2019-2020

\*2019-2020 should not be directly compared to previous years due to changes in collection methods, disruption in data collection caused by the COVID-19 pandemic and changing to DSM-V for categorizing SUD.



# South Dakota's Response to Behavioral Health Needs

Mental health awareness and suicide prevention efforts in South Dakota

**Suicide awareness and prevention trainings.** To date in fiscal year 2022, the Division has supported 70 suicide prevention trainings through the South Dakota suicide prevention website, such as Mental Health First Aid (adult and youth), Question, Persuade, and Refer, Applied Suicide Intervention Skills Training, and Ending the Silence.

SD Suicide Prevention Website:

<https://sdsuicideprevention.org/>

Suicide Prevention Strategic Plan:

[https://dss.sd.gov/docs/behavioralhealth/services/Prevention\\_Program\\_Strategic\\_Plan.pdf](https://dss.sd.gov/docs/behavioralhealth/services/Prevention_Program_Strategic_Plan.pdf)





# South Dakota's Response to Behavioral Health Needs

Mental health awareness and suicide prevention efforts in South Dakota, continued

**Project AWARE partnership with the Department of Education.** Multi-agency approach that serves to provide a resource for students with the highest needs and their families.

This program helps link youth and their families to services but also includes strategies aimed at home and community awareness with presentations to students, parents, and school staff.

Project AWARE Website:

<https://doe.sd.gov/mentalhealth/projectaware.aspx>



## Key Takeaway:

Through Year 3 of the Project AWARE grant, over 6,000 trainings have been delivered to school staff.

# South Dakota's Response to Behavioral Health Needs

Addressing workforce challenges and looking beyond treatment to meet needs

## **Finding innovative ways to meet the needs and connect people to services including...**

- Implementing services such as Systems of Care, Intensive Case Management, Peer Supports, and Supported Housing.
- Providing behavioral health professionals with training in Evidence Based Practices.

## **Next Steps...**

- Engaging with stakeholders, including universities, on how to attract more people to the behavioral health field.



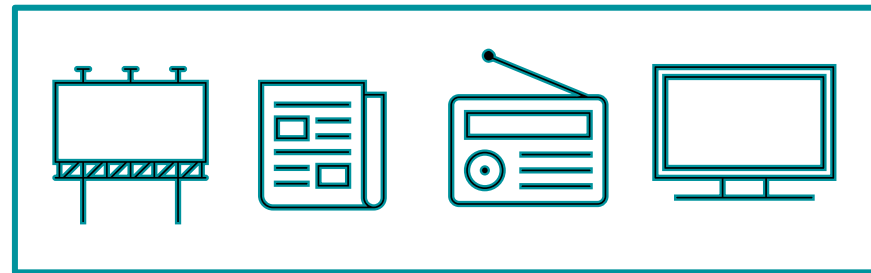
# South Dakota's Response to Behavioral Health Needs

Raising awareness about behavioral health resources and destigmatizing behavioral health

## **Behavioral health awareness**

**campaign.** In fiscal year 2022, the Division put forth an RFP to create a comprehensive awareness campaign with two goals

- Make the public more aware of available services
- Destigmatize seeking help for behavioral health needs.



### Key Takeaway:

Treatment works if we can get them there!

# Q&A Session







# Thank You

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